



# Connecticut Guardian

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## TAG visits troops in Kuwait



Maj. Gen. William A. Cugno, Adjutant General, visits with soldiers of the 1109th AVCRAD, CTARNG and learns about some of their equipment while in Kuwait. More photos on pages 14 & 15. (Photo by Maj. Fran Evon, CTARNG)

## Officials announce plan for Iraq troop rotations into 2004

KATHLEEN T. RHEM  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, July 24, 2003 – Defense officials have come up with a troop-rotation plan for Iraq that will give the commander of U.S. Central Command “the force he needs to decisively defeat those elements that threaten security,” the acting Army chief said July 23.

To meet this requirement, the troop-rotation plan will use active Army brigade combat teams and forces from the other military services, including the reserve components, Gen. John Keane said in a Pentagon press briefing.

The plan also calls for more use of international forces and rapidly developing Iraqi police, civil defense and military forces.

In the future, Iraq tours for U.S. service members will be “up to 12 months,” Keane said in laying out the details for upcoming unit rotations.

As the first unit in, the first to leave Iraq will be remaining forces of the 3rd Infantry Division. Keane reiterated previous

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Acting Army Chief of Staff Gen. John M. Keane briefs reporters on how the U.S. Army is organizing to rotate forces supporting Operation Iraqi Freedom during a Pentagon press briefing on July 23, 2003. (DoD photo by R.D. Ward)

## Department of Defense statement on the death of Bob Hope

Today, we mourn the loss of a true American patriot. The first and only American ever to be made an honorary Veteran of America's Armed Forces, Bob Hope holds a special place in the national security pantheon. He called the troops his “best friends,” and he made it his mission to be with them wherever they served, regardless of distance or danger.

To many of our forces from across the generations, Bob Hope's visits were a taste of home in a far-off land; a moment of mirth in the middle of war, and a loud and clear message to our military that America honored their service and prayed for their safe return.

Bob Hope's final tour, at age 87, took him to the Persian Gulf and the men and women of Desert Storm.

Although he is no longer with us in life, he will always remain, just as he was, in our hearts — cracking jokes, boosting morale, and reminding all the world of what it means to be an American.

With profound gratitude for his decades of service to our country, we extend our deepest sympathy to his family and many friends.

### From the USO website:

Bob Hope donated his time and talents to help USO bring “a touch of home” to those serving their country overseas.

- Master of the one-liner and the USO's tireless morale-booster for the troops, Bob Hope is the USO's “Ambassador of Good Will.” He will celebrate his 100th birthday on May 29, 2003.

- Hope's USO career spans six decades, during which he headlined approximately 60 tours.

- Hope's first performance for service members was at March Field, California, on May 6, 1941.

- Hope's first USO tour went to Alaska and the Aleutians in 1942.

- Hope made his first combat zone USO tour in 1943, visiting U.S. forces in North Africa, Italy and Sicily.

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## Up Front with the Adjutant General

### Visiting our troops in Kuwait

Command Sgt. Maj. Zastuary and I just returned from Kuwait visiting the soldiers of the 1109<sup>th</sup> Aviation Classification Repair Activity Depot (AVCRAD) who deployed in support of Iraqi Freedom in late February.

At 2 a.m. temperatures at the Kuwait International Airport were over 104 degrees. By 6 a.m. it was well over 110 degrees. Anyone who says it's nice there is a liar. Heavy winds create frequent sandstorms that limit visibility and decrease the working life of aircraft parts.

The main body of Task Force AVCRAD is stationed at Camp Arifjan. The camp was built to house 5-6,000 soldiers and is currently occupied by well over 15,000. Construction and upgrading continues on a daily basis.

US military personnel can travel off post for official business only. Travel off post in civilian clothes is prohibited unless specifically required for a unique mission. In addition any vehicles traveling off post for official business require shooters with weapons and ammunition in accordance with local force protection rules.

Water is bottled and is located at all locations. Current living conditions include air conditioned "force protector" tents with wooden floors. Sand bagged "scud" bunkers outside the living areas are a constant reminder of the realities of war.

Task Force AVCRAD is currently conducting operations at three locations: Camp Arifjan, Shuaiba Port, and Camp Doha all located in Kuwait. The Task Force

Headquarters and the majority of the unit's soldiers are conducting the critical operations of the Forward Repair Activity at Camp Arifjan.

Before conducting repair operations the unit was responsible for constructing an operating airfield and a warehouse comprised of 12 aviation repair shops that did not exist prior to their arrival.

The staff attends the daily CFLCC Logistics Sustainment Briefing chaired by Brig. Gen. Newman, Commanding General AMC LSE-SWA. At Shuaiba Port soldiers of the AVCRAD monitor the loading and unloading of US Naval ships that transport heavy equipment into and out of theater.

The unit works hand in hand with the 3<sup>rd</sup> Transportation Agency Movement Control (TAMC) ensuring the constant and efficient flow of equipment throughout the course of the War-Fight.

A detachment of 24 Automated Logistical Specialists (92A's) are currently managing and operating the Theater Supply Support Activity (SSA) for Class IX Aviation repair parts. The SSA is a mission assigned to Task Force AVCRAD currently being conducted at Camp Doha. The Theater SSA directly impacted the success of all Aviation units within the area of operation.

The unit quickly established the Theater Distribution Center which provided repair parts to Divisional units and ensured the rapid movement of critical aviation on the ground supplies to units well forward in the combat zone.

Soldiers of the AVCRAD are highly motivated and performing an outstanding job. Morale at all three locations was extremely high and all members displayed a high degree of professionalism.

Maj. Gen. Henry Stratman, CFLCC Headquarters Command Group, offered nothing but praise and accolades for the soldiers of the 1109<sup>th</sup> AVCRAD while expressing his sincere appreciation for their untiring efforts in support of the mission. Their efforts reflect the professionalism and dedication to duty that bring great credit upon the 1109<sup>th</sup> AVCRAD and the Connecticut Army National Guard. Yankee ingenuity was alive and well and displayed throughout all echelons of the organization.

The AVCRAD has bestowed a great honor upon all soldiers and leaders of the Connecticut National Guard. I look forward to their safe return, which according to statements made by Secretary of Defense Donald H. Rumsfeld, will be one year from the date they were mobilized. In a joint interview with Rumsfeld, acting Army Chief of Staff Gen. Jack Keane told reporters that troops would be in for "a 12-month tour for the forces that are currently in Iraq and for those that would come into Iraq."

Please join me in praying for all our fellow servicemen and women who are currently deployed around the world. God speed to the troops.



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Second Company Governors Horse Guard

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Second Company Governors Foot Guard

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## Perspectives

What is your favorite military tradition and why?



AIRMAN 1ST CLASS KEVIN E. O'MEARA  
103RD MAINTENANCE SQUADRON

*Saluting the American flag. It makes you proud and think about the freedom we have. It makes me proud to serve my country.*



PFC. KRISTINA FOUTS  
280<sup>th</sup> SIGNAL COMPANY

*Cadence is fun and motivating. It raises everyone's morale.*

OFFICER CANDIDATE CHRISTOPHER MOROSKI  
COMPANY B, 2<sup>nd</sup> PLATOON, 2<sup>nd</sup> SQUAD

*I like retreat because of the tradition. It also shows the continuity of the soldiers, and the soldiers before us had the same tradition. It gives us a tie to our past.*



OFFICER CANDIDATE RYAN LEITE  
COMPANY B, 2<sup>nd</sup> PLATOON, 2<sup>nd</sup> SQUAD

*I enjoyed the comradeship with my fellow soldiers. We all understand that we are all in this together. I wouldn't have made it this far in OCS if it wasn't for my teammates.*



MASTER SGT. SANTOS SANTIAGO  
103RD CIVIL ENGINEERING

*Showing proper respect for the flag.*

# Gen. Keane discusses Iraq troop rotation plans

From Page 1

announcements that 31D troops, who are deployed from Fort Stewart, Ga., will be out by September. A maneuver brigade task force and headquarters from the 82nd Airborne Division will replace them.

Keane noted that the 82nd will serve a six-month rotation because the division headquarters served during major combat operations in Operation Iraqi Freedom. Many 82nd Airborne troops have seen duty recently in Afghanistan, as well.

As far as remaining units in Iraq, 1st Marine Expeditionary Force will be replaced by a Polish-led multinational division in September or October. Fourth Infantry Division will be replaced by 1st Infantry Division, deployed from Germany, with an attached infantry brigade from the Army National Guard, in March or April 2004.

In the same timeframe, 1st Cavalry Division, from Fort Hood, Texas, with an

attached National Guard brigade, will replace 1st Armored Division, which will return to Germany; and another brigade from the 1st Cav. will replace 2nd Light Cavalry Regiment.

The transformational Stryker Brigade 1, the Fort Lewis, Wash., unit that has been undergoing operational testing and evaluation for several months, will arrive in Iraq in October 2003 and replace the 1st Armored Cavalry Regiment in spring of 2004. These units will all be on 12-month rotation schedules.

Officials are planning for an as-yet-unnamed multinational unit to replace the 101st Airborne Division, Keane said.

He noted that two other American units will redeploy without replacements in early 2004. The 2nd Brigade of the 82nd Airborne Division will return to Fort Bragg, N.C., in January 2004, while the 173rd Airborne Brigade will redeploy to its home base in Vicenza, Italy, in April 2004.

The general said officials worked out a plan they hope provides Gen. John Abizaid, CENTCOM commander, the forces necessary to "meet his requirements while at the same time permitting the flow of coalition forces and permitting the recruiting and training and developing of the Iraqi police, the civil defense, and the new Iraqi army."

The U.S. military is maintaining 156,000 troops in Iraq. The vast majority of those, 133,000, are Army soldiers. An additional 34,000 soldiers are serving in Kuwait. During fiscal 2003, 73 percent — 24 of 33 — of the active Army's brigade combat teams have been or are deployed, Keane said.

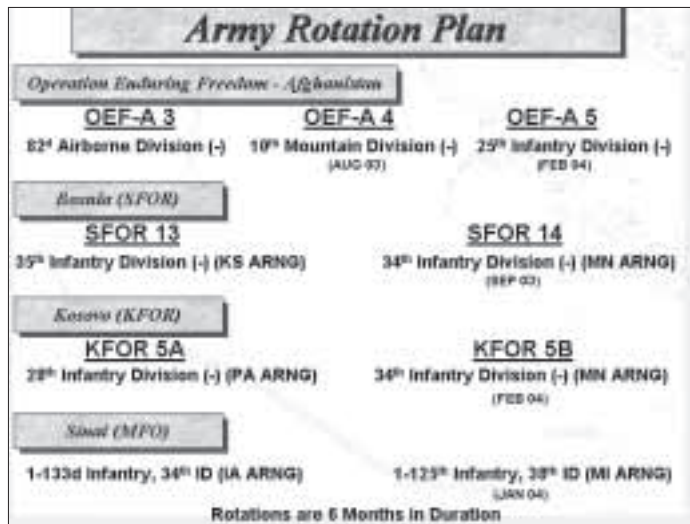
Officials recognize that this stresses the force. But, a Joint Chiefs official said, it hasn't "overstressed" the Army.

Army Maj. Gen. Stanley McChrystal, speaking at the same press conference, said there is no indication the Army is having trouble meeting its challenges.

Keane agreed. The 37-year-veteran said he's never seen such an "intensity" and "dogged determination to succeed" in American soldiers.

"It's ... the first time since World War II that we have deployed our soldiers directly for the American people," he said. "(The soldiers) understand what this war on terrorism is all about. And they're citizens of this country, and they know what 9/11 has meant to this country."

Even though it puts them in harm's way, soldiers are committed to winning the war on terrorism. "For our soldiers, the global war on terrorism is personal. It's often brutal. It's frequently terrorizing. It is very demanding, and death is always a silent companion," Keane said. "Yet, day in and day out they perform the mission with extraordinary dedication and competence."



Slides from Gen. Keane's press briefing at the Pentagon show the Ground Troop and Army Rotations as planned for Iraq through 2004. To read the entire transcript of the briefing and see all of the slides, go to [www.defenselink.mil](http://www.defenselink.mil) and click on the Transcripts link. Scroll down the list of transcripts until you come to Keane's. The slides are linked inside.

## Two National Guard brigades deploying to Iraq next year

MASTER SGT. BOB HASKELL  
ARMY NEWS SERVICE

Two brigades from the Army National Guard, totaling 10,000 soldiers, will deploy to Iraq next year to support two active Army divisions earmarked to replace troops now engaged in Operation Iraqi Freedom next year, the Army has announced.

The 30th Infantry Brigade from North Carolina and the 39th Infantry Brigade from Arkansas have been alerted and "may participate in the Army unit rotation plan for Operation Iraqi Freedom," the Army announced July 26.

The two brigades are part of the Army's plan to replace units that are anxious to return to their homes after leading coalition forces to victory over the regime of Saddam Hussein and to maintain the force required

to stabilize that country.

"We intend to alert, mobilize, train and deploy for six-month operations, then redeploy," said Gen. Jack Keane, the acting Army chief of Staff, during a briefing to reporters July 23. "The entire deployments from alert to redeployment and return to home station will last a year."

The 30th Brigade would be augmented with an infantry battalion from the Army Guard's 27th Infantry Brigade of New York. A battalion from the Oregon Army National Guard's 41st Infantry Brigade will augment the 39th Brigade it was further explained.

One brigade would deploy with the 1st Cavalry Division sometime between February and April of 2004 to replace the 1st Armored Division that is currently serving around Baghdad. The other brigade would

deploy with the 1st Infantry Division sometime during March or April to replace the 4th Infantry Division that is serving in northern Iraq.

The two Guard brigades would be replaced by two other Army Guard enhanced separate brigades "based on the needs of the theater," Keane said. Seven of the nine Army and Marine division and brigade-size elements that have fought in Iraq this year will be replaced during the second rotation beginning in September, Keane explained.

The intent of the National Guard brigades deploying is to sustain the level of forces that Gen. John Abizaid, the U.S. Central Command's commander, needs to continue operations in Iraq and to instill predictability so that tours of duty for all soldiers there last no longer than 12 months, Keane added.

Ground forces in Iraq currently total 156,400,

including 133,300 members of the active Army, the Army National Guard and the Army Reserve. Another 34,000 Army troops are in Kuwait.

The enhanced separate brigades date from the 1993 Bottom-Up Review conducted by the Defense Department. The primary mission of the National Guard's enhanced separate brigades is to deploy on short notice and destroy, capture or repel enemy forces, using maneuver and shock effect.

Armored and mechanized brigades are authorized additional personnel beyond that of a typical brigade, and they are organized to fight engagements in conventional and various operations other than war activities.



# 712th performs maintenance in Germany in support of Operation Iraqi Freedom: Spends AT and 4th of July overseas

2<sup>nd</sup> LT. ALAN J. BOUDREAU  
AT DETACHMENT COMMANDER  
1<sup>st</sup> AUTOMOTIVE PLATOON LEADER

Earlier this year the 712<sup>th</sup> was tasked to prepare and repair equipment belonging to Connecticut Army National Guards Unit's deploying to Southwest Asia for Operation Iraqi Freedom.

The unit conducted maintenance operation for three weeks. For this mission the unit was split into two iterations. Half of the unit worked for the first two weeks and the other half worked the last two weeks, with a one-week overlap during the

middle week. The unit accomplished all of the maintenance required by deploying units.

The 712<sup>th</sup> Maintenance Company (General Support) is located on Camp Hartell, in Windsor Locks, Conn. The unit's mission is to provide general support maintenance for conventional equipment, end items, and components for return to the theatre army supply system.

The 712<sup>th</sup> asked its members to volunteer for an additional three-week overseas deployment to Germany June 21–July 12. This meant that all who volunteered would



Vehicles that the 712th Maintenance Company worked on while in Germany are lined up in the workshop in varying stages of repair and disrepair. (Photo courtesy of 2nd Lt. Alan Boudreau, 712th Maint.)

miss their families' Fourth of July celebration.

What they didn't know was how that day would come to mean so much more for them and a group of disabled children and their families.

The unit received 27 volunteers to cover down on this mission. The Detachment left for Germany on the 21<sup>st</sup> of June and arrived the 22<sup>nd</sup> and was billeted on Kleber Kaserne (barracks) in a huge white Fess (festival) tent, they called the white house.

The jet lag was pretty intense as Germany is six hours ahead of the east coast. So

0900 hours local in Germany is 0300 hours back home.

The 712<sup>th</sup>'s mission was to perform GS maintenance operation for the 21<sup>st</sup> Theater Support Command's Kaiserslautern Industrial Complex (KIC), formerly the Kaiserslautern Army Depot.

The detachment reported to work and was divided into teams that would work with a German national. The German worker showed the work area and explained the standards to the members of the 712<sup>th</sup> and the area was turned over to a 712<sup>th</sup> NCO to accomplish that section's mission.



Soldiers of the 712th Maintenance Company spent two weeks of annual training in Germany, repairing parts for equipment used in support of Operation Iraqi Freedom. The soldiers who went all volunteered for the training mission. (Photo by Maj. Fran Evon, CTARNG)

The 712<sup>th</sup> NCOs, managed seven areas. The first area was the engine teardown. This is where the engines are stripped of all its component and parts.

Next these parts were run through a parts washer and inspected for serviceability. Those parts that were still within tolerance were sent with new engine components to the rebuild line.

Prior to rebuilding, the engine's cylinders walls have to be measured. If they are not within specs the cylinder walls have to be honed back into tolerance. This was great training for the 71<sup>st</sup>'s soldiers. This was their first time they had a chance to operate a cylinder-honing machine. After honing the cylinders, the soldiers began the engine rebuild process.

Once an engine was complete it was placed on an engine diagnostic test stand and run for two-and-a-half hours to insure everything was perfect. Again this was a great opportunity to get new equipment training for

many of the junior soldiers.

Once the engine was certified, the engine was sent to preservation for painting and then to packing to be crated and placed back into the theater supply system.

During the 712<sup>th</sup> AT, the detachment was able to teardown 45 engines and completely rebuild 22. If the Army had to procure these 22 engines, it would have cost in excess of \$137,390.00 and the 712<sup>th</sup> would not have received this excellent training.

While the 712<sup>th</sup> was in Germany, an urgent mission came down from the 21<sup>st</sup> TSC. The troops down range in Iraq and Afghanistan needed 6,000 tires shipped to them immediately.

The 712<sup>th</sup> with the 145<sup>th</sup> Maintenance Company detachment (NYARNG-Bronx) was tasked to palletize these tires on Air Force pallets for airlift to those hot spots.

The soldiers took this mission extremely

serious, knowing that their actions were directly aiding our soldier's mission in SWA.

With a combined effort, the 712<sup>th</sup> and 145<sup>th</sup>'s soldiers were able to ship 4,000 tires to SWA. This 4,000 constituted all the tires that had been received prior to returning to home station.

During our last week in Germany, the 712<sup>th</sup> had a special guest, the Adjutant General, Maj. Gen. William A. Cugno.

His said he "wanted to see how his mechanics are doing." The general was very impressed by the extensive maintenance facility at the KIC. His visit included a short in-brief followed by a tour of the MAK.

While touring the work areas, the general made it a point to meet and shake hands with every member of the 712<sup>th</sup>.

The AT in Germany was not all work. The 712<sup>th</sup> had a great chance on the 4<sup>th</sup> of July, their day off, to volunteer at a local school for disabled children.

The soldiers showed up in their PT

uniforms and by the greeting they received, they knew it was going to be a good day.

When they first arrived, there were a number of children in the windows of the school. As they piled out of the van in their PT uniforms the children screamed "Army!"

After unloading the van, they put up a tent and set up serving line. They then cooked and served traditional German food to the children and their parents.

After lunch the children and teachers put on an awesome medieval play. The children were dressed up as knights, princesses, and kings. The children sang and danced for the soldiers.

AT in Germany was a tremendous training success. The soldiers and officers of the 712<sup>th</sup> had an excellent opportunity to learn from the German nationals and put into practice those lessons learned. And most importantly take those lessons back to the CTARNG and their civilian employers.



712<sup>th</sup> Maintenance Company soldiers work on parts for vehicles and aircraft while on AT in Germany in support of Operation Iraqi Freedom. The soldiers all volunteered for the special mission and spent the 4<sup>th</sup> of July holiday celebrating freedom with German schoolchildren and their parents. (Photo by Maj. Fran Evon, CTARNG)



# No downtime as candidates work towards their gold bars

SPEC. JESSE J. STANLEY  
65<sup>th</sup> PCH

On July 1, 2 nine officer candidates from Connecticut joined 138 other OCs from 13 states to begin Phase I of the Officers Candidate School at Camp Rowland.

During the two weeks they stay at Camp Rowland the officer candidates are put into a stressful environment, forced to make decisions and lay the foundation on which they build their future careers as officers in the Army National Guard.

There is no downtime during the program, said Lt. Col. Leslie C. Bliven. The Teaching, Assessing and Counseling (TAC) officers are constantly there to create a high stress environment for the candidates to work in she said. They are put in different leadership positions and situations to test their abilities to lead and follow.

The candidates are forced to make

decisions under stressful conditions said Bliven. They need to be able to process information quickly while performing their mission objective and focusing on safety, she said.

"They will be responsible for soldier's lives," said Bliven.

The TAC officers, who are identified by black hats, are responsible for training the new candidates. These TAC officers are officers and enlisted cadre that have been trained to teach the skills new officers need to perform their mission, assess the candidates for the qualities one needs to become an officer and counsel the candidates on their strengths and weaknesses and how they can improve.

"This will be a long two weeks," said TAC Officer Capt. David W. Bremer, from Maine. "They can't do anything right yet. Today sets the mindset that the black hat is like a drill

sergeant hat."

Connecticut native OC Eric S. Roy, 242<sup>nd</sup> Engineer Company, said he did not know what to expect, but he was not nervous about the two weeks that lay before him.

"A good leader needs to respect the people he leads, be fair and unbiased," said Roy. "They need to have high expectations and demand a lot from their soldiers. That means they need to lead by example as well."

A recent graduate from Connecticut, Sr. OC Marcin G. Baran, who is scheduled to receive his commission July 26, watched the in-processing.

"These two weeks are the toughest mentally and physically," said Baran.

The candidates learn excellent leadership skills and how to take care of their soldiers, said Baran. To be successful, candidates need to have great attention to detail and

be able to think creatively and quickly said Baran.

It is that type of adaptability that OC Nicholas A. Livoti, New Jersey, said he thinks will give him an edge.

"Leaders need to be able to respond to situations and be adaptable," said Livoti. "Your troops need to have confidence in you and your decisions. I think OCS will teach me how to think on my feet better and become a flexible leader."

The two weeks spent in Phase I is only one step in the 14-month process of becoming an officer. It is an important step that shapes the future leaders of the Army. Each candidate arrives with different expectations and each will take something from the program. For all candidates it will be a learning experience about themselves and their abilities as a future officer in Army National Guard.



An officer candidate runs his gear into training at OCS Phase I at Camp Rowland. (Photo by Spec. Jesse J. Stanley, 65<sup>th</sup> PCH)



Top photo: OCS Alpha Co. bear their name proudly before their unit. From left to right: OC Peter J. Rahenkamp, East Haven, Conn., OC Thor A. Johannessen, Westchester, N.Y., OC Quentin L. Carmichael, Arlington, Mass., OC Kevin S. Hornung, Andover, Conn., OC Brian D. McNeil, Shrewsbury, Mass. (Photo by Spec. Jesse J. Stanley, 65<sup>th</sup> PCH)



Photo at left: An officer candidate turns over command of his element during in-processing for Phase I at Camp Rowland. (Photo by Spec. Jesse J. Stanley, 65<sup>th</sup> PCH)

# Officer Candidate School: No time to rest here

Sgt. Greg Harrison  
65<sup>th</sup> PCH

Have you ever wondered what it takes to make a good soldier into a great officer? What does an officer candidate have to endure in order to become a second lieutenant in the Army National Guard?

If you think it's a piece of cake, it's time to reassess your opinion. It's time to delve a little deeper into the world of OCS (Officer Candidate School).

"There's no time for rest here," according to Major Jim F. Stenson of the New Jersey Army National Guard who is FLX (Field Leadership Exercise) Chief for the Officer Candidate School being held at Camp Rowland and Stone's Ranch. "We keep them going non-stop. The candidates are up very early and stay up till late. We train to the highest standards and it's as good as any other officer training held elsewhere."

The FLX is a major component of Phase One of OCS. It exposes the candidates to a field environment over a six-day period and tests their ability to lead, train, and brief soldiers in the field. The other phases of OCS are Phase Two, which consists primarily of academic study conducted over a one-year period one weekend a month in the candidate's home state, and Phase Three, which is a two-week practicum held at Fort Bragg, N.C.

Part of the military instruction portion of the FLX involves ten PCCT (pre-commissioning common task) stations. Among them are: operating/maintaining an M16 and M60, employing a hand grenade, employing a Claymore mine, reacting to a

nuclear attack, evaluating a battle casualty, basic first aid, and NBC decontamination. All of these tasks must be satisfactorily completed within an eleven-hour day under the ever-watchful eyes of the TAC (training assessment counseling) officers who are the "drill instructors" of OCS.

"We're attempting to instill basic fundamentals of good leadership like how to take charge with confidence and full knowledge of how to do your job. We teach them how to take initiative and make good decisions under a great deal of stress," said Capt. Lawson Brannon of the 106 Regional Training Institute, New York Army National Guard. Lawson is on his second tour of being a TAC officer and is also a graduate of OCS.

"I've been through this myself and I know what is expected of these candidates. I need to see how they react under pressure. I also remind them that the welfare of their troops must be a top priority."

One of the troops who must grapple with this important concept is 37-year-old Brian E. Archer of D Co. 1/182 Infantry (Mechanized) from the Massachusetts Army National Guard, which has the distinction of being the oldest infantry unit in the Army having been formed in 1636. Archer had previously been in the Air National Guard for 16 years before coming to the Army National Guard and has a master's degree in Quality Systems Management.

"I sold my business where I was a leader. I still crave that leadership role and OCS fills that void. Plus I was an NCO for a long time and I got sick of those people that would just complain and complain about bad

officers. So I decided instead of being a whiner, I would step up and become a good officer."

Officer Candidate Gawain E. McKenzie of A Battery 1/258<sup>th</sup> Field Artillery, New York Army National Guard, was encouraged to enter OCS by some inspirational officers in his chain of command. McKenzie is a financial advisor for Merrill Lynch in New York City and has been in the Guard for seven years.

"OCS is a lot like basic training but we are under scrutiny almost every second and the tasks are much more demanding. We have to complete so many things all at the same time."

McKenzie feels the most demanding aspects of OCS so far have been the nighttime Land Navigation exercises and the five-kilometer road marches with full rucksack. "Whenever we pass by a TAC officer, we have to say 'Standards!' and they respond 'No Compromise!' This lets me know that I'm held to a higher standard here."



(Left to Right) Officer Candidates receive instructions on how to perform a function check on an M16A2 rifle. (Photo by Spec. Jeff Austin, 65<sup>th</sup> PCH)

Capt. Tracy L. Phillips, of the 254<sup>th</sup> Regiment of the New Jersey Army National Guard, who is also a TAC officer, believes OCS training is more difficult than other officer training in the Army.

"These soldiers undergo quite a lot of psychological stress when they have to switch from a normal civilian life into the high stress environment we create for them. We give the skills they will need, try to guide them in the right direction. We want them to develop that I-will-not-quit attitude!"



Julian Leone, 169<sup>th</sup> Leader Regiment, officer candidate practices the procedures of properly loading a M60 cal. machine gun during a full day of FTX. (Photo by Spec. Jeff Austin, 65<sup>th</sup> PCH)



Dorothy E. Lipson, 169<sup>th</sup> Leader Regiment, officer candidate, practices tossing a M57 Grenade down range as Cpt. Lawson G. Brannon, 106<sup>th</sup> Regiment Training, instructor from Camp Smith NY looks on and advises. (Photo by Spec. Jeff Austin, 65<sup>th</sup> PCH)



# National Guard soldiers work hard for commission

2ND LT. PAUL KARBLEY  
OFFICER CANDIDATE SCHOOL

Upon first glance, you might think these soldiers were just another group of candidates going through Officer Candidate School.

But if you listened to them, you would find it interesting that the majority of them have heavy northeastern accents. Taking a closer look, you would see patches on their left soldier that may resemble none you have seen before.

National Guard candidates of Region A came all the way from New York, New Jersey, Rhode Island, Connecticut, Vermont, Massachusetts, Maine and New Hampshire (they even snuck in a few from North Carolina and Mississippi) to Fort Benning for two weeks to complete Phase III of their Officer Candidate School training, the last step before they are commissioned as second lieutenants.

Candidates seeking their commissions through their state usually drill one weekend a month beginning in April.

The Teach, Assess, Council officers and NCOs then begin preparing them for Phase I, a two-week annual training.

They learn troop-leading procedures, land navigation, drill and ceremonies, physical training instruction and various duties they will perform.

**"It is the polishing phase for these officer candidates."**

At the completion of their Phase I instruction, the candidates continue to train one weekend a month for a year. Just like the federal candidates, there are countless inspections and numerous traditional procedures.

After roughly a year of Phase II training, the candidates go for Phase III, two-week training at Fort Benning.

"Phase III at Fort Benning is the



*A National Guard enemy prisoner of war team searches the enemy after a linear road ambush during Phase III training of Officer Candidate School. (Photo by Sgt. 1st Class Rob Heyl, CTARNG)*

culmination of 12 months of hard work and dedication," said Maj. Donald McArdle, rotational commander of Region A OCS.

"It is the polishing phase for these officer candidates," he said.

"Our candidates should be proud of being able to attend this final phase."

This is the tactical leadership portion where they are given squad and platoon missions.

While on Fort Benning, the candidates complete combat water survival training, the Leaders' Reaction Course, and squad and

platoon battle drills, including ambush, raid, movement to contact, reconnaissance and setting up a defense. Each key leadership position is evaluated, and candidates are rotated after each mission.

"It was great to be able to apply the leadership techniques I learned in such a challenging environment," said Senior Officer Candidate Joe Cheever, of Massachusetts.

"Training at Fort Benning is completely different than back at Camp Edwards," he said.

"These two weeks have given me the confidence to be able to lead soldiers and make me feel like a true member of the officer corps."

With their evaluations complete, weapons and equipment turned in and barracks clean, the candidates experience Phase III graduation and make the journey back to their prospective states to receive their long-awaited commissions.

After 16 months of hard work, commitment and dedication, these candidates will finally become officers in the Army National Guard.



*Officer Candidates of Class #48 recite the Officer's Oath during the commissioning ceremony held July 26 at Camp Rowland, Niantic, Conn. See the full story and more photos in the September Connecticut Guardian. (Photo by Sgt. Greg Harrison, 65th PCH)*



*Using entrenching tools well known to all soldiers, distinguished guests invited by Maj. Gen. William A. Cugno including John Treichel (in foreground), and Col. (Ret.) Robert B. Nett (to the right of Cugno), dig in to prepare the first level of groundwork needed to begin construction on the Col. Robert B. Nett Leadership Hall. The Groundbreaking Ceremony was held in conjunction with the Commissioning Ceremony for OCS Class 48. See the full story and more photos in the September Connecticut Guardian. (Photo by Sgt. Greg Harrison, 65th PCH)*



# Something special about Space and Aviation Day

STAFF SGT. CAROLYN A. ASELTON  
103<sup>rd</sup> FIGHTER WING PUBLIC AFFAIRS STAFF WRITER

There was something in it for everyone at the Fifth Annual Space and Aviation Day Open House at Bradley International Airport Saturday, June 28. It attracted a variety of military aircraft and personnel, numerous Connecticut State Police units, and an estimated 7,000 spectators.

The event also raised \$30,000 for Paul Newman's Hole in the Wall Gang Camp located in Ashford. The camp provides year-round activities and a summer residential camp for children with cancer and other serious blood diseases.

"This is the first time that I've been to an airshow that benefited a cause," said Lt. Col. Bruce Way, 11<sup>th</sup> Bomb Squadron, Barksdale Air Force Base, LA., as he stood next to his B-52 bomber.

Way and another member of his aircrew are from Connecticut originally. The open house gave him an "opportunity to come back and visit Connecticut, which I don't often have a chance to do," he said. "We've had a great time."

His father met him when the bomber landed the night before. His mother spent the day with him on the ramp.

With the gates open to the public from 10:00

a.m. to 2:00 p.m., the trip north also gave Way, as well as the other participants, ample time to check out some New England attractions. Billed at the Springfield Sheraton, the B-52 flyers were "in walking distance to great things to do," he said.

Event organizers hosted the visiting personnel at a barbecue Friday evening. From there the organizers offered a chartered coach bus to take the guests to the Mohegan Sun Casino in Uncasville.

Senior Master Sgt. Nick Basile, a C-5 loadmaster with the 137<sup>th</sup> Airlift Squadron, Stewart Air National Guard base in New York, said his crew played a little bit of everything at the casino.

"It's a great show," he said of his visit to Connecticut. "We were all winners. We had a great time. They treated us like royalty. We've had fantastic support."

The Louisiana airmen opted to take in Springfield instead of the casino.

"We walked down to some great clubs...and had fun," said Way. One stop was to a German restaurant.

"I didn't eat anything because I was stuffed from the steaks here," he said.

The B-52 was not scheduled to return home until Monday. The crewmembers had varied plans for Sunday. Those who

could were to spend time with family. Others had scheduled a trip to Boston to see the Red Sox play. And some planned on sightseeing.

Staff Sgt. Jason Peters, a B-52 crew chief with the 11<sup>th</sup> Aircraft Maintenance Unit, said the reception at Bradley was unprecedented.

"That's never happened before—there were people up on the berms and all kinds of cops around" watching his aircraft land, he said.

Basile said of his trip to Bradley, "If they (open houses) were all like this we'd be fighting each other to go."

Other unit displays included F-16 fighters



Three young Open House visitors make their way under the engine of a New York Air National Guard C-5 engine. (Photo by Staff Sgt. Carolyn A. Aseltun 103 FW/PA)

from Burlington International Airport, Vermont Air National Guard, F-15 fighters from Otis Air National Guard Base, Massachusetts Air National Guard, and an F/18 strike fighter from the Air Test and evaluation Squadron, Patuxent River Naval Air Station Md. Also, a Navion L-17, a Yakovlev Yak-52, an Industry Aviation Romania IAR-823, military trainers, and a Messerschmitt Taifun ME-108, a World War II communications and transport planes and Trooper One, the Connecticut State Police helicopter.



Staff Sgt. Roberto Sanchez-Tardif, weapons release systems craftsman, 103<sup>rd</sup> Maintenance Squadron, explains how the AIM-9 sidewinder missile works to protect the A-10 pilot from enemy threats. (Photo by Staff Sgt. Carolyn A. Aseltun 103 FW/PA)



Tech. Sgt. Roy Worcester, aircraft ordnance systems specialist, 103<sup>rd</sup> Maintenance Squadron, shows spectators how the A-10's GAU-8/A 30mm Gatlin gun works. (Photo by Staff Sgt. Carolyn A. Aseltun 103 FW/PA)

## Learning about leadership, Aerospace and search and rescue, Civil Air Patrol hits Camp Rowland for training

SPEC. JOE WALLER  
65<sup>th</sup> PCH

On Saturday, June 28th at Camp Rowland in Niantic, Connecticut a staff of cadets from as many as twelve Civil Air Patrol (CAP) squadrons prepared for and received forty-nine cadets for their Annual Encampment.

"You can learn about leadership, Aerospace, or search and rescue," 1st Lt. Bob Costa, the cadet commander of the encampment said. And to assist with these programs the week-long encampment offered cadets the opportunity to do a confidence course, participate in an orientation flight, learn survival systems, and attend the Quonset Air show in Rhode Island.

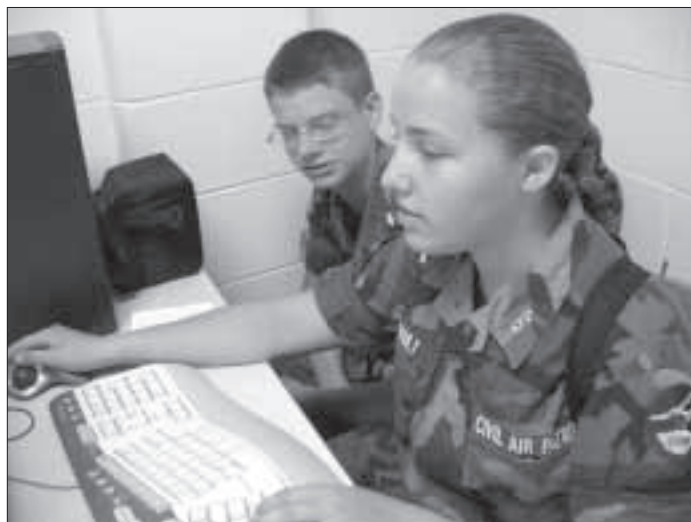
Costa mentioned many reasons there could be behind joining the CAP, saying

"It's different for a lot of people, depending on what they are looking for. Some people want to go into the military, some join for scholarships, others just for the experience."

Encampment Commander Maj. Roger Provost said, "I've got a great staff. The program is so varied that they (the cadets) can get out of it whatever they want. Learn to lead, to fly, or about search and rescue."

CAP is an organization that was created on December 1st, 1941 to augment national defense. The organization was championed Gen. Henry Arnold and by writer Gill Wilson. In 1948, Congress made CAP an Auxiliary of the Air Force.

"It is an amazing program," said Cadet Master Sgt. Tom Marquez. "I love getting out in the field. I heard about the search and rescue program and when I saw that CAP



Airman Amber Daviault and Airman Bennie La Fayette, staff members of the Annual Encampment at Camp Rowland in Niantic, Conn. work out last minute details before the arrival of the attending squadrons. (Photo by Spec. Joseph Waller, 65<sup>th</sup> PCH)

was really getting out there to help the community, I had to be a part of it."

For more visit the CAP National website at: <http://www.capnhq.gov/>

## Connecticut hosts 2003 national STARBASE conference

MAJ. GEORGE H. WORRALL III  
103RD FIGHTER WING PUBLIC AFFAIRS

Connecticut hosted the 2003 National STARBASE Conference June 23 - 25 at the airport Marriott in Windsor.

STARBASE directors and instructors made up the 60 attendees from the 30 programs in 23 states gathered to share ideas and discuss issues.

"I hope everyone goes back with a little more knowledge than they came here with," said Robert Gillanders, director, STARBASE Connecticut, who also led the team that

organized the conference. "Finding new projects for the kids and ways of doing things are what I am looking for the Connecticut program as it moves into its third year."

As Maj. Gen. William A. Cugno, Adjutant General, welcomed attendees, he suggested a course of action for one of the most pressing issues.

"We have to band together to make certain the congressional reps understand the program," said Cugno. "Those who understand will continue the program's funding."

The programs national chief highlighted the importance of all youth programs as he too highlighted the directors to spread the message.

"The future of this nation depends on the strength of these children," said Col. Matthew Urbanek, chief, Office of Athletics and Youth Development. "You do a wonderful job and you need to get the word out in your state."

Some conference attendees particularly looked forward to hearing from the program chief.

"I love coming together to share ideas but more importantly we hear things from the top and we all get it at the same time," said Marilyn Sholian, director, STARBASE Portland, Oregon. "I love the camaraderie too"

Urbanek had opened the conference reminding attendees "We are here for the children," a point made as conference goes later listened to a successful Connecticut youth.

Connecticut award winners for the STARBASE sponsored "Do the Write Thing Essay" contest were recognized. The first place winner Chazani Douglas, 11, Milner

School student, read her winning essay, titled "My Own Backyard" about violence in her community. Good practice for when she visits Washington with 54 other winners from youth programs across the country, and presents her essay to the Library of Congress.

"What you see today is a product of that school and a product of the city of Hartford," said former Hartford mayor and Chazani's school namesake Thurman Milner. "I am very proud."

Some conferees were scheduled to share part of their programs with the others by teaching their program's new initiatives during the Best Practices day.

"We are going to do the Check the X Program, which is an evacuation model developed in coordination with our Americorp Homeland Security Demonstration Project," said Jim Prater, director, STARBASE South Carolina. "We teach kids to be accountable in the event of a school evacuation. We discovered that a lot of our school's plans were teacher dependent. After discussions with kids and some of our principals we developed the Check the X Program."

Teaching examples like South Carolina's are a major reason for the conference.

"A conference like this strengthens the programs across the nation because everyone can see what everyone else is doing," said Joe Padilla, deputy director, Office of Athletics and Youth Development. "The last big get together was four years ago and [benefits] translated directly into the classroom."

The STARBASE program, whose title is an acronym for Science and Technology

Academic Reinforcing Basic Aviation and Space Exploration, is an educational program that addresses applied math and science, emphasizes personal direction and avoiding substance abuse.

"It was the National Guard that originally started the program," said Padilla. "It has expanded under the DOD umbrella to include the Navy and AF Reserve."

"I consider STARBASE part of the guard's community building, we do it well and we do it best," said Cugno explaining why the program belongs with the Guard. "The importance is not to get them into the suit (uniform) but to make them better citizens."



Connecticut's first place Do the Write Thing Essay contest winner Chazani Douglas, 11, from Milner School in Hartford, reads her winning essay My Own Backyard June 23 at the STARBASE conference. (Photo by Tech. Sgt. Jeanne E. Daigneau, 103 CF)



Christine Dumaine (left seated), instructor, STARBASE Connecticut registers Jim Prater (right leaning), director, STARBASE South Carolina, at the conference June 23 in Windsor. (Photo by Maj. George Worrall, 103 FW/PA)



# Connecticut's top military leader receives prestigious honor from NAACP

MAJ. JOHN WHITFORD  
STATE PUBLIC AFFAIRS OFFICER

The Department of Defense has announced the selection of Connecticut's top military leader, Maj. Gen. William A. Cugno, State Adjutant General as the recipient of the prestigious 2003 National Association for the Advancement of Colored People (NAACP) Roy Wilkins Renowned Service Award.

The honor is awarded to a military member from each branch of the armed forces who distinguishes themselves by making significant contributions to our country in the area of civil/human rights, race relations, equal opportunity, affirmative action and public service.

Cugno commands the State Military Department's nearly 5500 members consisting of the Army and Air National Guard, the State Military Department, State Militia and the Office of Emergency Management and also serves as Vice Chairman of the Adjutant General Association's (AGAUS) Homeland Security Committee.

"I am shocked and honored to receive this

prestigious award and promise to live up to its meaning and to continue to give my all, for the good of our society, and the equality of our mankind," he said after being notified that he was this year's recipient.

Cugno was selected from the entire Army National Guard for his 35 years of outstanding service in the area of protection and enhancement of civil rights, creating an organization that values individual differences and his personal commitment to equal opportunity. Most noteworthy is his vision and dedication in the area of fostering growth and recruitment opportunities for all and establishing community outreach programs such as STARBASE and The Young Leaders Program.

These ground-breaking programs assist in career determinations, and teaching of life skills with target recipients being inner-city and underrepresented youths in the community.

Cugno's most recent initiative resulted in formalizing a long-time relationship with the Connecticut NAACP concerning a partnership with diversity between both organizations to ensure the Connecticut



Maj. Gen. William A. Cugno and his wife, Carolyn, hold the Roy Wilkins Renowned Service Award the general received at the NAACP Conference. Also pictured is NAACP Connecticut Chapter President, Jimmy Griffin.

National Guard reflects the demographic make-up of Connecticut's minority population.

Cugno received his award during the 94<sup>th</sup> Annual NAACP Convention held in Miami Beach, Florida.



Sgt. 1st Class Scott Farrell, Connecticut Army National Guard is congratulated by Felton Page, Director of Equal Opportunity at the National Guard Bureau and Maj. Gen. William A. Cugno, adjutant general, after receiving an award for his community outreach in support of the Special Emphasis Programs and the adjutant general's partnership initiatives with the NAACP.

Farrell received his award during the National Guard Bureau's Equal Opportunity Conference in Boston.



Master Sgt. Ivan Anglero (center) is congratulated by Col. Dan Scace and Brig. Gen. Terry Scherling on receiving the National Image Award. All are members of the Connecticut Air National Guard.

Anglero received the award for his outstanding service to the Connecticut Air National Guard, United States Air Force and the Nation. Anglero's award came for his constant promotion of civil and human rights, always setting a high example by his personal dedication and commitment to hard work.

As a leader and board member of La Casa de Puerto Rico, he works in the greater Hartford area to promote the rights of all minorities in the area. Whether raising funds for the elderly and children's after school programs, or pushing for equitable minority hiring practices within the police and fire departments, he has helped La Casa to improve the community and foster a more inclusive climate.

He is a founding member of the Hispanic Professionals Network, a group created to foster communication, cultural exchange, education and networking among Hispanics.

He also supports the local Tuskegee Airmen chapter and the Hispanic Heritage Committee. The committee's programs are well-recognized for the opportunities it provides local Hispanic and Latino youths.

**WANT TO JOIN OUR TEAM?**

**CALL 1-800-716-3530**

**Connecticut's Army National Guard**



# Coast Guard – The Shield of Freedom 'Semper Paratus' - always ready!



2<sup>nd</sup> LT. CELINE MARINI  
ASSISTANT STATE PIO

The United States Coast Guard is the nation's oldest maritime agency.

The history of this service is interesting because it is the union of five Federal agencies, which evolved between 1789 and 1884 to deal with various responsibilities associated with the growing demands of a maritime nation.

The Revenue Cutter Service, the Lighthouse Service, the Steamboat Inspection Service, the Bureau of Navigation, and the Lifesaving Service, were originally independent, but had overlapping authorities and were shuffled around in the government.

The U.S. Coast Guard is also one of five branches of the US Armed Forces, and falls under the jurisdiction of the US Department of Transportation.

The multiple missions and responsibilities of the modern Coast Guard are directly tied to this diverse heritage and the achievements of all of these agencies.

## Missions

### Search and Rescue

The Coast Guard was the first government agency tasked to specifically search for those who might be in danger. Boating involves great risk and the Coast Guard is missioned to help rescue those in danger.



BM2 Joseph Castro of Station New York secures a line aboard the station's 41-foot utility boat. The station was built when the Coast Guard finalized plans for moving off Governor's Island. (USCG photo by PA3 Angelo Patti)

### Law enforcement

Throughout its history the Coast Guard's law enforcement responsibilities have primarily been to ensure that the tariffs are not avoided, to protect shipping from pirates and any other unlawful interdiction, and to intercept material and human contraband.

During the early 1970s, drug interception took on increasing emphasis that continues today.

From 1963 through 1979, the Coast Guard seized 304 vessels, confiscated more than \$4 billion in contraband and made 1,959 arrests.

Unfortunately, the illegal importation of narcotics continues to grow in the 1980s and today. In an effort to combat this problem the Coast Guard expanded its interdiction efforts.

### Military Readiness

The Coast Guard is the oldest continuous maritime service and has fought in almost every war since the Constitution became the law of the land in 1789.

The Coast Guard has traditionally performed two roles in wartime. The first has been to augment the Navy with men and cutters. The second has been to undertake special missions, for which peacetime experiences have prepared the Service with unique skills. For example, with the Iraqi invasion of Kuwait in 1990, the Coast Guard was again called to perform military duties.

On Sept. 11, 2001, terrorists from Osama bin

Laden's Al Qaeda network hijacked four commercial aircraft: two crashing into the World Trade Center in New York and one into the Pentagon in Washington, D.C. and the fourth aircraft crashed around Shanksville, Penn. when passengers on board tried to regain control from the terrorists.

USCG units from Activities New York were among the first military units to respond in order to provide security and render assistance to those in need.

In response to the terrorist threat and to protect our nation's coastline, ports and waterways, six U.S. Navy Cyclone-class patrol coastal warships were assigned to Operation Noble Eagle on Nov. 5, 2001.

This was the first time that U.S. Navy ships were employed jointly under Coast Guard command.

In the aftermath of the terrorist attacks, President George W. Bush proposed the creation of a new Cabinet-level agency, eventually named the Department of Homeland Security.

The Coast Guard was foremost among the agencies slated to become a constituent of the new department. On Nov. 25, 2002, President Bush signed HR 5005 creating the Department of Homeland Security. Soon after, Tom Ridge, former governor of Pennsylvania, was confirmed as the department's first Secretary.

On Feb. 25, 2003, Transportation Secretary, Norman Mineta transferred leadership of the U.S. Coast Guard to Secretary Ridge, formally recognizing the change in civilian leadership over the Coast Guard and ending the Coast Guard's almost 36-year term as a member of the Department of Transportation.

As a prominent member of the new department, U.S. Coast Guard units deployed to Southwest Asia in support of the US-led coalition engaged in Operation Iraqi Freedom early in 2003.

The Coast Guard has come a long way and continues to be 'The Shield of Freedom.'



A Coast Guard boat patrols the waters in Shuaiba Port, near Kuwait City, in July 2003 as part of Operation Iraqi Freedom. (Photo by Maj. Fran Evon, CTARNG)



Coast Guard members from Small Boat Station Los Angeles practiced emergency signaling and survival techniques. (USCG photo by PA3 Louis Hebert)



# Connecticut Military Department News

## Second Company Gov. Horse Guard hosts Annual Horse Show



Equestrians line up for inspection and competition at the annual Second Company, Governor's Horse Guard Horse Show. (Photo courtesy of the 2nd Co. GHG)

2<sup>nd</sup> LT. ROBERT DAHM  
2<sup>nd</sup> Co. GHG PUBLIC AFFAIRS OFFICER

Sunday July 20<sup>th</sup> was an absolutely beautiful day as were the grounds of the Second Company Governor's Horse Guard in Newtown. The weather could not have been better for a horse show hosted by the "Second Horse."

For it's annual fund raising event, the Second Company was proud to host participants from all over the Tri-State area. Troopers had been preparing the grounds for quite some time and the results of the hard work were evident. Many riders complemented the new footing in the Western ring.

This year's event also included "Driving Classes." Not a competition in your Ford Explorer or SUV but the old fashioned way, by "Horse Cart." These driving classes are "Four Leg" drive! Control of your horse is key and much harder work than just starting your ignition.

The Second Company's benefit Annual Horse Show helps the all-volunteer Troop raise funds for operating and uniform costs. In turn, the Troop also supports many charities such as the St. Jude Cancer Research Hospital for children, the F.A.I.T.H Food Pantry as well as it's own "Special Needs" riding program called "Saddle-Up for Life." The program aids the "Special Needs" adults of Southbury Training School. New this year is a combined effort with the Connecticut Horse Council to provide mounted patrols in state forests and parks.

## Sikorsky signs Statement of Support

RONALD E. LEE  
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

Nearly everyone associated with the military is familiar with the renowned BlackHawk and SeaHawk helicopters that are manufactured in Stratford, Connecticut by Sikorsky Aircraft Corporation.

Not only does Sikorsky support our military by producing these fine rotary aircraft, they have now gone one step further by signing a Statement of Support of the Guard and Reserve.

On Monday, June 30<sup>th</sup>, Sikorsky Aircraft Corporation hosted an Employer Support of the Guard and Reserve (ESGR) Committee "Briefing with the Boss" meeting which was hosted by Thomas V. Nicolett, Director of National Guard Marketing.

Nicolette began the meeting, which was held in the administrative building at Sikorsky, and introduced President/CEO Dean Borgman who made statements supportive of not only the active military service members but also the National Guard and Reserve Components of the Army, Navy, Marine Corps, Air Force and Coast Guard.

Borgman acknowledged the Sikorsky employees who served in the Guard and Reserve as well as all of his employees who "take great pride in producing the finest helicopters in the world."

Borgman went on to thank the Guardsmen and Reservists for the great job they are doing and stated that he and Sikorsky were proud to sign the Statement of Support.

Maj. Gen. William Cugno, Connecticut National Guard, thanked Borgman and Sikorsky for their support. Cugno announced that there are presently 1447 of his 5500 Guardsmen serving on active duty.

He praised the CT-ESGR Committee and Chairman Carl Venditto for all of the support he and his service

members receive from the ESGR and stated that he couldn't do his job without the support of employers like Sikorsky who support their employees who serve in the National Guard. Cugno went on to say that his Guardsmen perform better while serving in their military capacity by knowing that their employers support them and that they need not fear losing their job or any other reprisal as a result of their absence to perform military duties.

Venditto took the stage and thanked Borgman for Sikorsky's commitment and support. Venditto introduced Deputy Assistant Secretary Reserve Affairs Materials and Facilities Patricia Walker who commented on the contributions of our state guardsmen and reservists and the cooperation being received by their employers.

Venditto then began the "My Boss is a Patriot" award segment of the meeting by asking each employer in attendance to stand and introduce their employee who had nominated them for an award. After brief remarks, certificates were awarded to the employers and a group photo was taken with a BlackHawk helicopter as a backdrop.

Those attendees who were able to stay on after the meeting were given a very interesting escorted tour of the Sikorsky facility ending with a viewing of several operational aircraft.

The CT-ESGR Committee again thanks Sikorsky and all of the other employers for their support of the Guard and Reserve and we look forward to future briefings of this type and additional commitments by employers who wish to sign a Statement of Support.

As always, service members are encouraged to nominate their employers for the "My Boss is a Patriot" award recognition program.

## 2<sup>nd</sup> Co. Governor's Horse Guard to hold annual Recruit Open House

2<sup>nd</sup> LT. ROBERT L. DAHM  
PUBLIC AFFAIRS OFFICER, 2<sup>nd</sup> Co., GHG

The Second Company Governor's Horse Guard is pleased to announce it's annual Recruit Open House on August 10<sup>th</sup> at 10am.

The 2<sup>nd</sup> Co., GHG facilities are located across from the old Fairfield Hills Hospital in Newtown and will be open to the public.

Guided tours of the barn will be offered, as well as some information on the history of the Troop and it's function and mission today.

Applications will be handed out to prospective candidates for the upcoming Recruit Training Class that will begin this October.

The Second Horse has been serving the citizenry of Connecticut since 1808 and is one of the oldest horse Cavalry Units in the United States.

The Troop performs in more than 25 events and parades per year, as well as having performed in the Inaugural Parade for President Bush in 2001. Members are dedicated to preserving the history of the Cavalry in Connecticut.

Current missions range from providing the local community with our own "special needs" riding program called "Saddle Up for Life", fund raisers for local and national charities and mounted patrols in state forest and parks, just to name a few.

Interested candidates should report at 10:00 hours on Sunday August 10<sup>th</sup> at the Second Company Governor's Horse Guard Headquarters.

Applicants do not need any riding experience or prior military experience, although both are preferred.

The Horse Guard is located just off exit #11 I-84 between I-84 and Route 25.

Contact 2<sup>nd</sup> Lt Robert Dahm at 203-270-9246 for further information.



AVCRAD soldiers work on repairing aircraft in temporary buildings known as LAMS, which they helped build.



Maj. Gen. William A. Cugno travelled to Kuwait to visit with Connecticut soldiers, share what's going on back home, and finding out from them what's been happening.



*Photos by Maj. Fran Evon, CTARNG*

'Scud' bunkers are outside nearly every building and work area in Kuwait.



Lt. Col. William P. Shea (with hat) shares a laugh and some shade with other soldiers of the 1109th AVCRAD from Groton. The unit is deployed to Kuwait in support of Operation Iraqi Freedom.



A good tailor is hard to find in the deserts of Kuwait, so Master Sgt. Ruben Garza of the 1109th AVCRAD takes matters, and thread and needle, into his own hands.





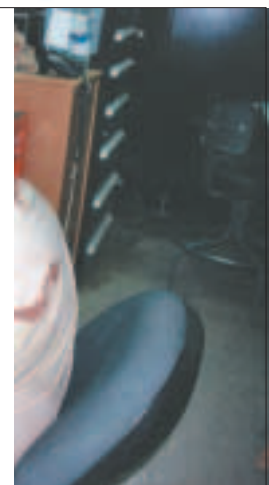
Connecticut Army National Guard troops in July. here is filling the soldiers in on what has been happening on their deployment.



AVCRAD soldiers show off one of the supply storage areas built for them by fellow Connecticut Guardsmen in the 248th Engineer Company. The 248th has since moved into Iraq where it is rebuilding Al Asad Airbase.



# icut troops in Kuwait



uben Garcia of the 1109th



Vehicles are lined up as far as the eye can see in Kuwait. Some are awaiting repair.



Tents and vehicles forming military communities have sprung up throughout the landscape in Kuwait.



Maj. Gen. William A. Cugno, Adjutant General, (back to camera in center) meets with several soldiers of the 1109th AVCRAD in Kuwait. Also on the trip was State Command Sgt. Maj. Raymond Zastaur (Back to camera on far right)





## AVCRAD artist leaves his mark in the desert

BOB WHISTINE  
AMC-LSE-SWA, PUBLIC AFFAIRS OFFICER

People in high school knew his work and people throughout the Connecticut National Guard also know of his ability to do pen and ink drawings and large murals. They can depend on this artist to make soldiers feel proud with unique retirement plaques.

Sgt. 1st Class William Ortiz is an airframe structural repairer and a full time Army Guardsman from Central Village, Conn. He has been a member of the 1109th for the last 17 years.

"I used to try and copy my mother's drawings. As I got older in junior and senior high school, I did murals. I also donated a painting to my high school. I lived in Miami and met my future wife while attending college there," said Ortiz.

"I moved to Connecticut and married Colleen in 1980. I went to Rhode Island School of Photography for two years and then I took some more college courses in pencil drawing, sculpture, print making, and computer graphics. When I got the job at the AVCRAD repairing aircraft, I would also do sketches and then they asked me to do a sign for the NCO Academy, which is where it all started back in 1989.

"Since then I have done signs and retirement clocks with unique artwork. I



Sgt. 1st Class William Ortiz, 1109th AVCRAD Airframe Structural Repairer, puts final touches on mural. (Photo by Bob Whistine, AMC-LSE-SWA, Public Affairs Officer)

would personalize each one; from Vietnam Hueys like CH-43s to OH-23s. I even did a submarine one time. I was commissioned by the Adjutant General of Connecticut a while back to paint a couple of murals at the headquarters in Hartford. I've also done a pen and ink that would provide visiting dignitaries. I have a studio in my basement

at home and even here in the desert, I have had people who want me to do sketches and portraits of their kids.

"Col. Erickson asked me to do a sign for the Patton Army Helipoint. I began sketching ideas for the sign and with the assistance of Sgt. Jennifer Wackerman, we finally came up with a final proposal."

Wackerman, who is from Willimantic, Conn. has a degree in computer graphics from Eastern Connecticut State University. She is also a soldier in the 1109th AVCRAD working in the Administrative Department. Wackerman was able to use her computer skills to bring Ortiz's design to life in full color on her computer. With plywood, paint and brushes, the design now stands in front of the Flight Operations Headquarters located at Patton Army Helipoint.



When two immediate family members of the New London, Conn. SSA staff were deployed with the 1109th AVCRAD National Guard unit, the office decided to take on a project to help the 1109th deal with the heat, wind and sand in Kuwait - and Operation Bandanna was born. They contacted the manufacturer of camouflage material, BDA of Bradford, Rhode Island, who donated 350 pounds of surplus desert camouflage material for the project. Barry's Cleaners of New London cleaned the material free of charge, and the staff in New London ironed, cut and sewed 450 "camo" bandannas that were shipped to Kuwait for distribution to the troops. Pictured are Sgt. 1st Class Kelly Ives, 1109th AVCRAD community liaison; Hal Weiner, President of Barry's Cleaners; Brian Curtis, General Manager of BDA; and New London management and staff members Lee Marsee, Jennifer Sloan, Liz Dillis, Gail Cory, Lisa Smith and Mae Novak. Not pictured: Edda McManus, Claude Murdy, Blanca Rivera, Mary Ann Smith, Chuck Stevens and Sandy Warner.

## Flying Nomads move into Afghanistan

**Kandahar Air Field (KAF), Afghanistan**

WE HAVE ARRIVED! I am not sure how happy we are about it, but we are here nonetheless.

At the time of this writing, the entire company is 100% immersed in our mission. We are flying, fueling, fixing, driving, cooking and taking care of all administrative matters on a daily basis. 24 hours a day, 7 days a week. It is mind numbing to see how much we have done in only 3-4 weeks. It seems as though we have been here for 3 months already. I'm sorry, I said that's what it feels like. A man can dream, right!

The Task Force already emplaced here is relying on us to help them complete their mission. We replaced the active duty Chinook unit and they have already said Adios! Their aircraft are completely disassembled and ready for their shipment back to the states.

As I guessed in the last newsletter, it is *Purgatorio!*

Our living conditions are about what we expected. 13 person tents with bunks and air conditioning. As I write, CW2 Miller is concocting some kind of monstrosity of an entertainment center. He has managed to move 1LT Graham's belongings into a nice neat pile under his bed. Won't Keith be surprised when he returns from his mission!

There is an MWR tent with phones and computers, a laundromat, laundry service, PX, gym with treadmills and an MWR center with pool tables and video games. There is a fairly nice baseball field, a number of makeshift soccer fields and numerous

volleyball courts. The weather is hot, but bearable and the terrain is desert like. From a social aspect, it is not Al Udeid, but then again, it's not Camp Udairi!

The airport itself is rather run down. Rumor has it that this was the Taliban's last stronghold on the country. All the buildings and all the concrete around the post is riddled with bullet holes and pretty run down and there are filled in bomb craters. The hangar we are working out of only has about 75% of its roof from all the gunfire from days gone by. It is kind of odd to see the sun shine through the bullet holes.

Around the post it is a huge junkyard. I can remember Bill Cosby's cartoon show Fat Albert. If you can recall the cartoon depiction of the junkyard in Philadelphia where they used to play, this post reminds me of that picture. Mounds of old armored vehicles and aircraft that were left here by the Soviets

during the 1980's. The stuff is everywhere. Here in this compound and all through the countryside. For those soldiers whom read this newsletter, it is like looking at the old FM1-401, Threat Identification!

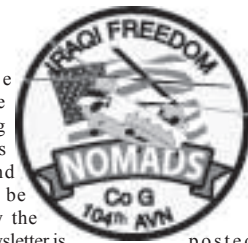
The countryside is very surreal. We are in the flat lands and there are mountains to the north of us approximately 100 miles that are close to 5000 feet tall with snow on the tops! There are other places where the sand changes and it looks like you are on Mars. Red sand with big rocks sticking up.

We are happy to report that we are receiving mail on a regular basis. It is taking approximately 8 days for your packages to reach us. I just got word that there are packages in Iraq that were sent to us when we were in Kuwait.



One of the buildings Co. G 104th Avn. works in. (Photo courtesy Co. G 104th Avn.)

Those packages are being shipped this week and should be received by the time this newsletter is posted on the website.



The mail is a wonderful thing for us. It is great to hear news from home. With that being said, we are very fortunate that this Army post has toilet paper and the PX has plenty of hygiene items and food. We all have at least 5 new toothbrushes and anywhere from 10-25 personal rolls of TP. So we do not need anymore at this time. But the thought is wonderful and none of us are brave enough to get rid of our TP/Napkin stockpiles. As of now, it is a safe bet to assume that each soldier has a duffle bag or footlocker filled with the stuff, just in case!

In closing, the Nomads will be here for a little while and making a difference in this fight. We are doing exactly what we have been trained to do and have been training a long time for this deployment. Each day we learn something new that makes us better aviators, crewmembers, mechanics, cooks, etc. and we are happy for the opportunity to serve our fellow citizens and our country.

On the other hand, we hope it is short-lived and we can pass the torch on to another unit in the near future to continue the fight.

Please know that we are doing well and we miss our families and friends very much.

GOD BLESS AMERICA AND GOD BLESS THE NOMADS!

## Military Matters



### Combat-Related Special Compensation Update

More than 12,000 applications have been received by DoD for Combat-Related Special Compensation, a program that began June 1.

At least 100 will be approved to receive payments July 1.

The number of approved applications should increase significantly each month as the applications move through the review process.

DoD has three suggestions to improve the quality of an application, which will aid in managing the requests.

First, be careful to classify disabilities as awarded by the VA.

A retiree who does not have this

information should contact the VA regional office and request a listing of their disabilities by VASRD code (VA Schedule of Rating Disabilities).

The VA has notified regional offices to expect and support such requests.

The VA has been very helpful to DoD and the two Departments are working closely to achieve an effective flow and exchange of information needed to operate the CRSC program.

Second, especially for Post-Traumatic Stress Disorder (PTSD), a retiree should try to find and submit a copy of the first VA rating decision on the disability that shows the basis of the award.

More recent ratings may show only that the disability has been increased in percentage with no information about the origin of the disability or basis of the award.

Third, retirees should avoid submission of unrelated documents. The retiree should try and provide only those supporting documents that deal with qualifying conditions.

This is especially true for medical records.

The review board may find it difficult to document a combat disability if the retiree sends in all his/her medical records.

Eligible members are those retirees who

have 20 years of service for retired pay computation and who either have disabilities because of combat injuries for which they have been awarded the Purple Heart or who are rated at least 60 percent disabled because of armed conflict, hazardous duty, training exercises, or mishaps involving military equipment.

Members must apply to their own branch of service using DD form 2860, Application for Combat-Related Special Compensation (CRSC).

Information is available at <http://dod.mil/prhome/crsc.html> [http://www.defenselink.mil/prhome/crsc.html]

### Education Essentials: DANTES

The DANTES Distance Learning Program provides a wide range of nontraditional education programs critical for Service members who need alternatives to fulfill degree requirements when classroom courses are unavailable or when work schedules or duty locations do not permit class attendance.

DANTES provides undergraduate and graduate academic courses from nearly 150 institutions. Other courses are oriented toward a non degree-seeking or technically oriented student. Courses are available to personnel in all Military Services.

#### Benefits

- Earn credit wherever stationed.
- Study when the schedule permits.
- Choose from various levels:
  - undergraduate through graduate school, including doctorate, vocational or technical.
- Increase promotion and pay potential.
- Receive tuition assistance.

What is the purpose of each of these programs?

The DANTES Independent Study Catalog lists more than 6,000 high school, undergraduate and graduate level, and examination preparation correspondence courses that are available from regionally accredited institutions. Subjects range from astronomy to zoology. Transfer credits where needed to complete degree requirements.

The DANTES External Degree Catalog lists programs available from about 80 accredited colleges and universities that have little or no residency requirement for degree completion, making them very useful to service members in achieving their educational goals. The guide lists approximately 100 associate, 225 baccalaureate, 100 graduate degree and

about 45 credit-bearing certificate programs.

The DANTES Catalog of Nationally Accredited Distance Learning Programs contains course listings from more than 20 schools accredited by the various national accrediting bodies. The nationally accredited program provides a means of independent study for service members who want to develop skills through technical and nontechnical training.

How do students enroll? It's really simple!

1. Students discuss goals with education counselors and the courses needed to meet them. Consult the catalogs described above, as well as specific distance learning catalogs from individual schools.

2. Verify that the course selected will meet personal needs and will be accepted toward desired degrees, if required.

3. Complete the DANTES Distance Learning Enrollment Form for Service Members (DANTES 1562/31). This form is available at the Navy College Office/ installation education center.

4. Students mail the first two copies with the total payment or credit card number to cover tuition, fees, and book costs directly to the school, signed by student and counselor or other certifying official. All personnel must consult with their local representatives of the Voluntary Education Program to clarify enrollment procedures.

5. The school will send books and lesson materials to the student.

6. When students complete the final lesson, the school will send a grade report to DANTES and the student. If reimbursement is authorized, student will receive payment either from DANTES or the Service, according to Service's policies.

Military personnel should contact their local education counselor for additional information.



**15<sup>th</sup> Anniversary of the 143<sup>rd</sup>**  
**Forward Support Battalion Dinner**  
**Dance**



**August 24, 2003**  
**Social Hour 1700 hours**  
**Dinner 1800 hours**  
**(Dancing following dinner)**  
**Aqua Turf, Southington, CT**

**Uniform: Dress Blues/ Class A w/ white shirt and bowtie/**  
**Civilian equivalent**

**Officers - \$40 / person Enlisted - \$35 / person**  
**Make checks payable to 143<sup>rd</sup> FSB**  
**Send to 64 Field St, Waterbury, CT 06702-1991**

**For more information contact Laurie Casey at (203) 888-5961 or Ralph Hedenberg at (203) 759-0503, ext 28**





COMMAND SGT. MAJ.  
RAYMOND P. ZASTAURY

## Enlisted Update

### Visiting Kuwait and safety

I just returned from a visit to Kuwait with Maj. Gen. William Cugno and his executive officer, Maj. Fran Evon.

We had the opportunity to speak with all the soldiers of the AVCRAD at Camp Arifjan and Camp Doha.

The heat over there is oppressive. On the evening we arrived in Kuwait City at 2315 hours it was 104 degrees.

The first day there, I rode around Camp Arifjan with Sgt. Maj. Tom Donnee (CT AVCRAD) in his Gator in a sand storm in 120+ degree heat.

I'm still trying to remove the sand out of my ears after being home for more than a week.

The AVCRAD soldiers are all doing very well and the morale is very high.

The AVCRAD soldiers understand that the work they are doing is important to support the mission in Iraq.

During our visit to Kuwait we also had the opportunity to visit Camp Virginia which is located north of Kuwait City.

On our trip to Camp Virginia we were amazed to see the bone yards of Iraqi tanks, artillery and vehicles from Operation Desert Storm.

Camp Virginia is the location our deployed units moved from Kuwait into Iraq. We found a tent the 248<sup>th</sup> Eng. Company used for their maintenance while located in Camp Virginia.

I had the opportunity to speak with 1<sup>st</sup> Sgt. Desjardins from the 248<sup>th</sup> while I was in Kuwait. The 248<sup>th</sup> received all of their equipment and the soldiers are hard at work reconstructing in their Area of Operation.

I received an email last week from Sgt. 1<sup>st</sup> Class Lane, Detachment Commander from the 247<sup>th</sup> Well Drillers. They recently completed their first well in Iraq that produces 80 gallons of water per minute. He informed me that his detachment is very busy doing what they do best, drilling wells.

We have completed our Annual Training cycle and I am happy to report there were no major injuries.

A few soldiers suffered just the normal minor scrapes and bruises and sprains.

I had the opportunity to make several AT visits and I am happy to report our soldiers trained hard and were successful in accomplishing their mission.

A matter that concerns me greatly is the growing number of deaths from POV accidents. POV accidents continue to be the most common cause of accidental death in the Army.

There have been 44 fatalities during the first half of FY 03. The most common reported causes of fatal POV accidents continue to be excessive speed, driving while fatigued and failure to wear seatbelts.

I constantly tell the gate guards at Camp Rowland to make sure that everyone that drives off post is wearing their seatbelt.

Recently the NYARNG lost a soldier who was a passenger in a car with another soldier coming home from drill.

He lost his life in an accident because he was not wearing his seatbelt.

The driver received only minor injuries because she was wearing her seatbelt. The young soldier was only nineteen-years-old.

I am working with the State Safety Officer to try and procure Fasten Seat Belt Signs to be posted at the exit of every armory in the state and at Camp Rowland.

The cost will be well justified if this effort saves one life.

Each leader and soldier must know the standard and perform to that standard.

We all must take responsibility for our own actions, both on and off duty. Remember to always wear your seatbelt.

We are closing in on the end of FY 03. It has been a tremendously busy year for the Connecticut National Guard. Our soldiers and airmen have responded to the call and have performed in an outstanding manner.

This was accomplished because NCOs did what they are supposed to do — they enforced standards.

We must continue to train hard, enforce standards and fight complacency. This dedication led to victory in Iraq and will also ensure all our soldiers and airmen will come home safely.

Remember to keep our fellow deployed soldiers and airmen and their families in your thoughts and prayers.

## Guard Voices

### A note of thanks to those who serve

CHRISTY FERER

NEW YORK (AFP) — When I told friends about my pilgrimage to Iraq to thank the U.S. troops, reaction was underwhelming at best.

Some were blunt. "Why are you going there?" They could not understand why it was important for me, a 9/11 widow, to express my support for the men and women stationed today in the Gulf.

But the reason seemed clear to me: 200,000 troops have been sent halfway around the world to stabilize the kind of culture that breeds terrorists like those who I believe began World War III on Sept. 11, 2001. Reaction was so politely negative that I began to doubt my role on the first USO/Tribeca Institute tour into newly occupied Iraq where, on average, a soldier a day is killed.

Besides, with Robert De Niro, Kid Rock, Rebecca and John Stamos, Wayne Newton, Gary Sinise, and Lee Ann Womack, who needed me?

Did they really want to hear about my husband, Neil Levin, who went to work as director of the New York Port Authority on Sept. 11 and never came home?

How would they relate to the two others traveling with me: Ginny Bauer, a New Jersey homemaker and the mother of three who lost her husband, David; and former Marine Jon Vigiano, who lost his only sons, Jon, a firefighter and Joe, a policeman.

As we were choppered over deserts that looked like bleached bread crumbs, I wondered if I'd feel like a street hawker, passing out Port Authority pins and baseball caps as I said "thank you" to the troops. Would a hug from me mean anything at all in the presence of the Dallas Cowboy cheerleaders and a Victoria's Secret model?

The first "meet and greet" made me weep. Why? Soldiers, armed with M16s and saddlebags of water in 120-degree heat, swarmed over the stars for photos and autographs. When it was announced that a trio of Sept. 11 family members was also in the tent it was as if a psychic cork on an emotional dam was popped.

Soldiers from all over our great country rushed toward us to express their condolences. Some wanted to touch us, as if they needed a physical connection to our sorrow and for some living proof for why they were there.

One mother of two from Montana told me she enlisted because of Sept. 11. Dozens of others told us the same thing. One young soldier showed me his metal bracelet engraved with the name of a victim he never knew and that awful date none of us will ever forget.

In fact at every encounter with the troops there would be a surge of Reservists — firefighters and cops, including many who had worked the rubble of Ground Zero — wanting to exchange a hometown hug.

Their glassy eyes still do not allow anyone to penetrate too far inside to the place where their trauma is lodged; the trauma of a devastation far greater than anyone who

hadn't been there could even imagine. It's there in me, too. I had forced my way downtown on that awful morning, convinced that I could find Neil beneath the rubble.

What I was not prepared for was to have soldiers show us the World Trade Center memorabilia they'd carried with them into the streets of Baghdad. Others had clearly been holding in stories of personal 9/11 tragedies which had made them enlist.

USO handlers moved us from one corner to the next so everyone could meet us.

One fire brigade plucked the three of us from the crowd, transporting us to their firehouse to call on those who had to stand guard during the Baghdad concert. It was all about touching us and feeling the reason they were in this hell. Back at Baghdad International Airport, Kid Rock turned a "meet and greet" into an impromptu concert in a steamy airport hangar before 5000 troops.

One particular soldier, Capt. Vargas from the Bronx, told me he enlisted in the Army after some of his wife's best friends were lost at the World Trade Center.

When he glimpsed the piece of recovered metal from the Towers that I had been showing to a group of soldiers he grasped for it as if it were the Holy Grail. Then he handed it to Kid Rock who passed the precious metal through the 5000 troops in the audience. They lunged at the opportunity to touch the steel that symbolized what so many of them felt was the purpose of their mission — which puts them at risk every day in the 116 degree heat, not knowing all the while if a sniper was going to strike at anytime.

Looking into that sea of khaki gave me chills even in that blistering heat.

To me, those troops were there to avenge the murder of my husband and 3,000 others. When I got to the microphone I told them we had not made this journey for condolences but to thank them and to tell them that the families of 9/11 think of them every day. They lift our hearts. The crowd interrupted me with chants of "USA, USA, USA." Many wept.

What happened next left no doubt that the troops drew inspiration from our tragedies. When I was first asked to speak to thousands of troops in Qatar, after Iraq, I wondered if it would feel like a "grief for sale" spectacle.

But this time I was shaking because I was to present the recovered WTC steel to Gen. Tommy Franks (U.S. Central Command commander). I quivered as I handed him the icy gray block of steel. His great craggy eyes welled up with tears. The sea of khaki fell silent. Then the proud four-star general was unable to hold back the tears which streamed down his face on center stage before 4,000 troops. As this mighty man turned from the spotlight to regain his composure I comforted him with a hug.

Now, when do I return?

## HANDYPERSON HOTLINE

CALL (860) 209-0770 TODAY

TO VOLUNTEER YOUR SKILLS

## Homefront

### In defense of Connecticut's children: Copter Carries Anti-Drug Message

SGT. JUAN REYES  
DRUG DEMAND REDUCTION NCO

Traffic on Bridgeport's busy Boston Avenue came to a standstill on a cool Tuesday morning. But it wasn't caused by an accident or construction work.

Rather, the tie-up was the result of a much more unusual occurrence for the city: a helicopter was landing in the parking lot of Beardsley Middle School. An OH58 helicopter from the Westover Air Force Base in Chicopee, Mass., circled over the East Side, then landed at the school as part of a program designed to educate students about the importance of maintaining a healthy, drug free lifestyle to open opportunities in the future.

It is becoming harder and harder to reach young minds especially because of the many obstacles young people are facing today. This is where the helicopter comes into play. By allowing children to hear it, see it it, and touch it, we open up a gate of interest and an attention span that little can compare to.

The Aviation Role Models for Youth (A.R.M.Y.) program is based on the equation "*Hard work + Education - Drugs = Success and the American Dream.*" The program emphasizes that unhealthy choices can lead to the wrong decision. Especially at an early age, these same decisions can come back and close doors that he or she might not be aware of at the time. Program participants also try to relate to the children that every part of the helicopter has to be in good working order or else the aircraft doesn't perform properly and can be potentially fatal.

They then try to relate this to the human body to get students to understand how important the human mind and body are

and how the body is more complicated than any machine and if drugs i n

the body don't allow e v e r y part to be in good working order, it can be just as dangerous or fatal. Success has many definitions, but it never includes drugs.

The latter part of the presentation is a

question and answer session between the pilots and the children. "How fast does the helicopter go?"

Where you i n t h e war?"

A n d "does it have any guns?" are some of the questions the

most common children often ask.

The children are then allowed to walk around the aircraft, sit inside of it and ask any additional questions they may think of.

In my time with the Counterdrug Program I have been fortunate enough to fly into different schools and whether it is in an inner city or a quiet suburb, the smiles and interest on the children's faces make me aware that whatever message we bring along to these children can make a difference.

If your Community Organization, Educational Institution or National Guard unit would like to become involved in any of the Drug Prevention Programs that the Connecticut National Guard has to offer please contact Capt. Anne-Marie Garcia at 860-493-2724.



### Chaplain's Corner: A last chance to talk to troops for a retiring chaplain

CHAPLAIN (LT.COL.) JOHN C. NODOP  
CHAPLAIN, 103RD FIGHTER WING

When I was in college, about 38 years ago, we had a tradition called, "The Last Chance Talk." A guest speaker would be invited to address the college community with one condition: that his (or her) message would be the one he would give if this were his last chance to speak his mind in public or private. It's an interesting idea; what would you say if this were your last chance to say anything?

For me, this is indeed my Last Chance Talk. I retire from the 103rd Fighter Wing this July UTA.

So what is the last message I want to leave behind? What is the last thought a preacher wants to leave to his people? Like Bob Hope, I first want to say, "Thanks for the memories." I have a deep

and abiding affection for each of you and you have often, in my most honest moments, blessed me more than I have blessed you. Thanks, indeed, for the memories.

But there needs to be something more left behind than a mutual pat on the back. Something meaningful, but not soupy, something practical and useful, but not trite or simplistic.

With those guidelines, what can I say and where can I find the words? I pride myself on being an armchair historian, so I took a brief walk through history (American history!) and came up with a poem written by a master of rhetoric (he wrote the Declaration of Independence), a revolutionary, and president who was solely responsible for extending the United States from sea to shining sea (the Louisiana Purchase).

But best of all, he met my guidelines and

said what I want to leave with you for this Last Chance Talk.

On February 25, 1825 Thomas Jefferson was asked by a friend to pass on some advice to his young son, whom he has named after Jefferson. Jefferson wrote a letter of advice and put it in the form of a poem. Jefferson's wisdom is timeless.

The Portrait of A Good Man by the most sublime of Poets, for Your Imitation

Lord, who's the happy man that may to thy blest courts repair;

Not stranger-like to visit them, but to inhabit there?

Tis he whose every thought and deed by rules of virtue moves;

Whose generous tongue disdains to speak the thing his heart disproves.

Who never did a slander forge, his neighbors' fame to wound;

Nor hearken to a false report by malice whispered round.

Who vice in all its pomp and power, can treat with just neglect;

And piety, though clothed in rags, religiously respect.

Who to his plighted vows and trust has ever firmly stood;

And though he promise to his loss, he makes the promise good.

Whose souls in usury disdains his treasures to employ;

Whom no rewards can ever bribe the guiltless to destroy.

The man who, by his steady course, his happiness insured;

When earth's foundations shake, shall stand by Providence secured.

May the Lord bless you and keep you; now and forevermore.



# When fish bite, kids smile

STAFF SGT. CAROLYN A. ASELTON  
103<sup>rd</sup> FIGHTER WING STAFF WRITER

Though it took a while for the fish to start biting at the 103<sup>rd</sup> Fighter Wing's Fifth Annual Children's Fishing Derby at Sunrise Park June 28, attendees still had a morning of fun.

Nestled among the trees between the two fishing ponds, a playground with swings, a see-saw, and a jungle gym, as well as a snack shack filled with doughnuts, bagels, and juice, kept the young fishermen and women entertained.

"We're taking a little break," said Kristen Currier, 10. "There's like 99 fish in there and none of them bite," she said after climbing on the jungle gym with her sister, Sarah, 8, and brother, Tommy, 7.

Soon success began at the upper pond. "We just caught one, but it slipped off," said Nathan Lanati, who fished with his brother, A.J., his aunt, Staff Sgt. Eileen S. Lanati, 103<sup>rd</sup> Communications Flight, and uncle, Staff Sgt. Joshua D. Lanati, 103<sup>rd</sup> Logistics Readiness Squadron. It was not long until he had a keeper, a 12-inch Large-mouth Bass. And so did Sarah at the lower pond with an 11.5-inch Rainbow Trout.

Maj. Bryan J. Currier, 118<sup>th</sup> Fighter Squadron, said his kids were excited about the derby, and that with her win, daughter Sarah quickly became the family fishing expert. She helped Tommy catch an eight-inch Blue Gill.

"I was impressed with the effort Senior Master Sgt. Lopez and staff put into the

event to make it great," he said. "It was a shame that more folks didn't attend. They really missed out. We all can't wait until next year."

Senior Master Sgt. Wilberto Lopez, 103<sup>rd</sup> Logistics Readiness Squadron, said next year's derby will take place no later than the second week of June.



Nathan Lanati reels in his first catch of the day. (Photo by Staff Sgt. Carolyn A. Aseltton, 103<sup>rd</sup> FW)



Sarah Currier holds the Trout she caught at the wing fishing derby. (Photo by Staff Sgt. Carolyn A. Aseltton, 103<sup>rd</sup> FW)



**TWENTY-SECOND ANNUAL  
SENIOR NONCOMMISSIONED OFFICERS' DINING-IN**

**DATE:** THURSDAY, 02 OCTOBER 2003

**TIME:** 1800 HOURS

**PLACE:** AQUA TURF CLUB, SOUTHTONINGTON, CONNECTICUT

**COST:** FORTY DOLLARS (\$40.00)

**GUEST SPEAKER:** CHIEF MASTER SERGEANT RICHARD M. GREEN,  
Fourth Command Chief Master Sergeant, Air National Guard

**ELIGIBILITY:** Senior Noncommissioned Officers (Platoon Sergeants, Chief Petty Officers, Gunnery Sergeants, and Master Sergeants [E-7 and above]). All eligible Army and Air National Guardsmen are expected to attend. Retirees are most welcomed.

**UNIFORM:** Appropriate **FORMAL** military attire for all services. Retirees may wear the uniform or a business suit.

**HOST:** Chief Master Sergeant Wanda F. Wawrock,  
Command Chief Master Sergeant, Connecticut National Guard

**RSVP:** Military protocol requires prompt response (within 72 hours of receipt). *Note: No responses accepted after 24 September 2003.*

The formal military dinner ceremony known as the "Dining-In," is an old and traditional military affair believed to have its origins in medieval England. The Dining-In is now recognized as an occasion to foster comradery, tradition, and camaraderie within an organization and to emphasize their importance in the life of a service member. It is an excellent occasion to bid farewell to service members who have departed, to welcome new ones, and to recognize the achievements of military service and individual members. Please note the guest speaker!

The cost of the affair includes a full course dinner (main entrée - Roast Prime Rib of Beef or a Fish entrée upon special request) and refreshments before dinner; a cash bar is available immediately following dinner. Upon receipt of your application to attend, you will receive a "Rules of the Menu" package specifying uniform requirements and sequence of events. You are expected to know and follow military protocol while in attendance. The Aqua Turf Club is located on Hobbler Street, Southington, Connecticut; a short distance from Routes 18, 84, 122, and 695.

Seating is arranged with unit integrity or upon specific request (tables of ten). Violation of the menu will impose a fine. The President of the Menu or Master/Madam Vice will determine the amount of fines (one dollar minimum). It is advised that you arrive with single one-dollar bills. Master/Madam Vice will not make change. All fines will be donated to a charity chosen by the hosting service.

Your support towards the Senior Noncommissioned Officers Dining-In has been superb! It is requested that you continue to support your Dining-In and continue the great tradition. Submit your application to attend as soon as possible - early response enables the committee to better plan the Dining-In and make it a more enjoyable evening for all. Spread the word...look forward to seeing you there!



**TWENTY-SECOND ANNUAL  
SENIOR NONCOMMISSIONED OFFICERS' DINING-IN**

**APPLICATION PROCESS**

**Make checks payable to: "CTANG Activities Fund"**

**Mail application and check (no later than 24 Sep 03):**  
 Command Chief Master Sergeant  
 Connecticut Air National Guard  
 National Guard Armory  
 360 Broad Street  
 Hartford, Connecticut 06105-3795

*Detach between the double lines and mail to address above:*

---

**I plan to attend the Senior Noncommissioned Officers' Dining-In on Thursday, 02 October 2003. My check in the amount of \$40.00 is attached.**

**NAME:** \_\_\_\_\_ **RANK:** \_\_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**UNIT:** \_\_\_\_\_ \*

(\*Retirees, please indicate your unit of assignment prior to retirement)

**Indicate your meal preference for fish in lieu of Prime Rib:**

\_\_\_\_\_

# Guarding Your Rights

## Legal Affairs: Membership in extremist groups

CAPT. TIMOTHY TOMCHO  
JAG OFFICE

Army values are the core of our common beliefs as a professional organization. We, as soldiers, know that the Army values are more than just a set of beliefs — they are our common way of life, our culture. One of the Army values is respect, which may be defined as our willingness to regard others with consideration, deference or appreciation. The concept of respect may be summed up as the golden rule, "Treat others as you would have others to treat you."

Military culture is replete with basic manifestations of respect, from addressing others by their proper rank to saluting. As an Army value, respect for oneself and for others, whether on or off duty, requires personal discipline and steadfast dedication. Army Command Policy (AR 600-20, paragraph 4-12) prohibits soldiers from participating in certain activities in support of extremist organizations.

An extremist organization is defined as a group that advocates intolerance or that engages in illegal discrimination based on race, color, gender, religion, or national origin. It also includes groups that advocate the use of or use force or unlawful means to deprive individuals of their rights under the law. Activities in support of extremist organizations includes, but is not limited to,

- (1) participating in public demonstrations or rallies;
- (2) attending meetings or activities involving an extremist organization when on duty, when in uniform, when in a foreign country, when it constitutes a breach of law and order, when violence is likely to result, or when in violation of off-limits sanctions or a commander's order;
- (3) fundraising for an extremist organization;
- (4) recruiting or training members for (including encouraging other soldiers to join) an extremist organization;
- (5) creating, organizing, or taking a leadership role in

such an organization; and

- (6) distributing literature for an extremist organization.

Soldiers must be careful not to display any extremist organization paraphernalia in their workspace, including their barracks room. This includes, but is not limited to, posters, flags, and literature.

If you have any racist or other extremist organization-related tattoos, soldiers must keep them covered at all times: while on duty, while in military uniform, when in the company of other soldiers and while on any military installation.

Tattoos that support an individual allegiance to an extremist organization include such symbols as swastikas, KKK logos, or Aryan Nations symbols.

If a commander discovers a soldier has such a tattoo anywhere on his or her body, the commander should consult with a Judge Advocate for advice on dealing with the soldier appropriately.

More information on the Army tattoo policy may be found in AR 670-1, and also in DCSPER Message Dated 071812Z, August 98 (DAPE-HR-PR).

Participation in an extremist organization is incompatible with military service.

Soldiers must be aware that involvement in such an organization may be grounds for disciplinary and/or administrative actions, including separation.

A soldier's participation in an extremist organization may be considered in evaluating your duty performance, determining your leadership ability, or your qualifications to reenlist.

Participation in an extremist organization may lead to a denial or revocation of a security clearance.

There is little, if any, tolerance for a soldier's participation in an extremist organization.

Such an act or affiliation is incompatible with military service and shows a general lack of respect, for oneself and for others.



The National Guard Association of Connecticut has many events coming up over the next few months. Mark your calendars now so you don't miss them.

**The NGA Executive Board** meets the second Wednesday of every month at 5 p.m. in the NGA office, 1st Floor of the Hartford Armory. All members of NGA and other interested soldiers and airmen are welcome to attend and participate in the discussions. Only elected members of the board may vote, however.

**The Enlisted Association of the National Guard of the United States (EANGUS)** will hold its annual conference from Aug. 17 to 20 in Toldeo, Ohio. It is not too late to register and attend. Contact Joe Amatruda at 1-860-247-5000 for more information.

**The 6th Annual NGA Golf Tournament** will be held on Friday, Sept. 5 at Keney Golf Course, Hartford. Registration and sponsorship forms have been sent out. (See pages 6 & 7 for more information.)

**The National Guard Association of the United States (NGAUS)** will hold its annual conference from Sept. 15 to 17 in Biloxi, Mississippi. There is still time to register and attend this conference. Contact Joe Amatruda for more information at 1-860-247-5000.

**The annual Technician Picnic** of the Connecticut National Guard will be held Wednesday, Oct. 1 at Camp Rowland.

**The Senior NCO Dining-In** will be held Thursday, Oct. 2 at the Aqua Turf Club in Southington. Several area and national-level officers of EANGUS are expected to attend.

The NGA will hold a by-invitation-only **Breakfast Reception** on Friday, Oct. 3 for area and national-level officers of EANGUS. The breakfast will be held in The Officer's Club of Connecticut.

Remember, it's never too soon to think about running for elected office in the National Guard Association of Connecticut. Several positions are coming up for election at the NGA Annual Conference in March. If interested in learning more about the Executive Board, contact Joe Amatruda at 1-860-247-5000, or any current member of the board.



RONALD E. LEE  
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

## City of Middletown shows support for the Guard and Reserve

We are all accustomed to the waving flags, parades and fireworks displays associated with the celebration of our nation's independence on the 4<sup>th</sup> of July.

This year, the City of Middletown has gone one step further in their Independence Day celebration.

Mayor Thornton has approved the request from the Connecticut Committee for Employer Support of the Guard and Reserve (CT-ESGR) to display a banner outside of City Hall at the corner of Court Street and DeKoven Drive.

The 60-foot banner acknowledges the efforts and sacrifices of those employees serving in the military and asks employers to show support of those "citizen soldiers" who serve in the National Guard and Reserve Components of the Army, Navy, Marine Corps, Air Force and Coast Guard.

CT-ESGR Chairman Carl Venditto met with Mayor Thornton to formalize this banner display and to thank the mayor, who is also a member of ESGR, for the city's continued support of employees who serve in the

uniformed services.

Middletown presently has city employees who are serving on active military duty.

Police Officers Nick Baboola and Al Kim are presently serving in Iraq.

Mayor Thornton reported that Kim was wounded this past Friday during an attack by the Iraqi resistance in which two other American soldiers lost their lives. He is presently hospitalized in Kuwait and is expected to fully recover.

(Kim is currently recuperating from his wounds and is expected to make a full recovery. The two soldiers killed in the attack were NOT Connecticut Guardsmen.)

The courageous men and women who wear the uniforms of the United States military, especially those who serve in the Guard and Reserve while working in a civilian job, deserve our thanks, gratitude and prayers.

We should all take a moment to reflect upon and support those who now serve, who have served in the past and those who have made the supreme sacrifice by giving their lives that we might be free.

## Hope remembered

From Page 1

• The first Bob Hope Christmas USO tour was in 1948, where the group performed for the GIs who participated in the Berlin Airlift. The Bob Hope Christmas USO tour became a USO tradition, and he visited military bases and veterans hospitals every December for the next 34 years.

• In 1969, President Lyndon Johnson bestowed the Presidential Medal of Freedom upon Bob Hope for his service to the men and women of the Armed Forces through the USO.

• Bob Hope made his final USO tour in December 1990, bringing Christmas cheer to the troops enforcing Operation Desert Shield in Saudi Arabia and Bahrain.

• In 1997, the USO successfully worked with Congress to designate Bob Hope the first honorary veteran of the United States Armed Forces.

• At the 1997 USO Holiday Gala, the USO unveiled the "Spirit of Hope" Award. It is a portrait bas-relief of Bob Hope, created by St. Louis sculptor Don F. Wiegand, and a major donor to the USO, Michael Fagin of The International Group, Inc.

Thanks for the memories, Mr. Hope.



## Inside OCS

### *Leading from the front: Learning to be a leader, as a soldier and as a civilian*

**SR. OFFICER CANDIDATE CHRIS MUSKA**  
OCS CLASS 48

In April of 2001, I joined the Connecticut National Guard. I raised my hand and pledged to defend and preserve the Constitution of the United States.

I didn't join to specifically accomplish what I pledged though, nor did I join for any other valiant cause. Like most, I joined for personal reasons. The oath I made was just another technicality of in-processing.

Forty-eight hours after I stepped off the plane from basic and AIT at Fort Benning, I found myself on a bus headed to Ft. Dix, New Jersey, in preparation for a six-month deployment to Bosnia.

Then, three weeks into our training, and in the midst of a live fire exercise, my unit was yanked off the range and trucked back to the barracks to pull security.

A terrorist attack on NY and Washington had suddenly changed the landscape of the world. The United States was at war. That moment changed my deployment plans but it also changed the way I perceived my service in the National Guard.

Within a week, we were deployed to Bosnia, which brought some relief, but my days didn't get any easier.

The deployment was long and there were sacrifices - no family, no friends, no freedom to come and go, and no beer. It was much more than the "one weekend a month and two weeks a year" promised in the glossy

brochures. It was a full time job and then some.

In retrospect, I don't think I fully understood the implications of raising my right hand and taking that oath. I certainly did not have an accurate preconception of what it meant to serve my country, nor did I realize how much was to be sacrificed.

I'm happy it turned out the way it did, though. Regardless of my original intentions, I feel like I've done my part to serve my country and give something back.

In April of 2002, a colleague recommended that I attend OCS.

At first, having just returned from Bosnia the month before, I was a little leery of the suggestion, but the past 12 months had changed my perception of the National Guard and military service in general, and although OCS was an opportunity to challenge and improve myself, I also saw it as way to better serve my country. Several factors influenced my decision to enroll in OCS.

First, Phase Zero, the introductory or "try-out" phase of OCS, impressed upon me that OCS presented an environment where learning was the focus.

The school presented an opportunity to serve and to grow and a chance to become a better soldier and a better individual.

Second, my experience with officers during my time spent on active duty had an extremely positive influence on my

decision to attend OCS.

I came to respect, and for the most part, admire the officers with whom I worked. The officers were professional, confident, and talented leaders. Most were well spoken and none hesitated to make decisions; it all seemed second nature. These types of officers convinced me that OCS was right for me.

Finally, I felt that OCS would give me the ability to have an impact on more than just the events that surrounded my personal life. The National Guard was, and is being called upon to serve its country in an active duty capacity more and more.

The National Guard is transforming, and I want to be a positive and active part of that process. As an officer, I will have a greater opportunity to make the National Guard a better service.

Looking back over the past 13 months of training and all the battle drills, details, operations orders, D&C, classes, OPORD presentations, flag details, troop leading procedures, "supervise and refines," "lines of knowledge," "pain-trains," news-weather-and-sports and smoke sessions, I've grown to understand that the skills learned during OCS are universal.

The leadership qualities and characteristics will help me advance in both military and civilian settings.

Additionally, by encouraging me to examine both my strengths and weakness,

OCS has taught me about who I am as a person.

That perspective will make me a better officer in the National Guard.

With graduation nearing, I am nervous about how I will be received by my unit, and my platoon. OCS has provided the training ground for building the necessary skills to succeed; however, I look forward to using those skills in a new role.

As an officer, my greatest challenge will be gaining the respect and the trust of my troops and ensuring that they have confidence in my ability to make good decisions and be responsible for their well being.

OCS has and continues to prepare me for the multitude of challenges, which will arise during my tenure in the Guard and in my personal life.

OCS has required more of a commitment than I expected. On more than one occasion I entertained the thought of turning back during that Friday night commute down to OCS in Niantic to avoid a weekend of hard work and TAC induced stress headaches.

Furthermore, my OCS commitment has required me to prioritize the many responsibilities that I currently juggle.

Even so, the experience has been rewarding and worthwhile and the benefits have far outweighed the sacrifices.

I'm glad that I joined, and I'm proud that I persisted.

## Why Diversity?

### ANG diversity education now on-line

The Air National Guard, in conjunction with Dr. Samuel Betances and project alert of the Nebraska Military Department, announces the release of an on-line diversity education course. This course compliments, but does not replace, the eight-hour facilitated training, and can be completed anytime, or anywhere. Lt. Gen. Daniel James III, Director of the Air National Guard introduces the course, which features Dr. Samuel Betances.

#### ON-LINE COURSES PROVIDE:

Interactive Student Training Delivered Anytime,  
Anyplace

Individualized Discovery and Learning  
Learning Management System Providing Feedback to  
the Students and Assigned Schoolhouse, Instructors,  
or Leaders

Project ALERT courses can be found at  
<http://170.94.24.38>.

## Handyperson Hotline for families and volunteers

Calling all soldiers and airmen, retirees or spouses. This is your opportunity to stop being a spectator and start doing something to help the Connecticut Army and Air National Guard during these unprecedented times.

Volunteer to donate some of your time and expertise to the CTNG Family Program's Handyperson Center. If you are a tradesman or an all around handyperson or a laborer, the Handyperson Center is looking for you!

E-mail your name, phone number skill, status (active, retired, spouse) and hometown to Sgt. Maj. Toby Cormier at [toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil) or call (860) 209-0770.

The Handyperson Hotline is designed to reduce the stressors on the families of deployed soldiers and airmen by having everyday household problems diagnosed and repaired or referred to competent businesses at no cost for labor.

The program is also designed to get seasonal chores such as window air conditioners installed/removed, pools

opened/closed, leaves removed, items brought to the dump and so on.

All of this can be performed by fellow Guardsmen, retirees or spouses of Guardsmen who are willing to donate their time and expertise to this program.

Here's how the program works:

A deployed family member calls the Handyperson Hotline with a clogged drain.

The Hotline manager contacts a plumber from the Handyperson Database who will contact the family member and attempt to walk the person through correcting the problem (if possible.)

If not corrected, the Hotline will dispatch a qualified person (fellow Guardsman) to the house to correct the problem.

It is designed to give the deployed family somewhere to turn to keep the home operating smoothly without having to pay to get things done around the house that were normally done by the deployed soldier or airman.

To volunteer or for more information, call (860) 209-0770 today.

## Health & Fitness

### Your Health Matters: West Nile Virus

CAPT. KATHLEEN KING  
CTARNG

B Z Z Z Z Z Z Z ! B Z Z Z Z Z Z Z !  
BZZZZZZZZ! SLAP!! UGH...

With all the rain we have had this spring, mosquitoes will be out in full force this summer. Beware! Mosquitoes are more than just an annoyance. About half of Connecticut's 48 varieties of this common pest can spread diseases, such as West Nile Virus (WNV), Jamestown Canyon Virus, or even the Rocky Mountain Spotted Fever. (Other species in tropical areas are the notorious vectors of deadly diseases, such as malaria, and yellow fever.)

A mosquito's life has four stages – egg, larva, pupa, and adult.

The adults are the main problem. An adult female mosquito requires a meal before she can lay her eggs, and the source of meal is often we, humans. Technically the female mosquito (only the female) does not actually "bite", but rather feeds on the blood of a warm-blooded animal to get the protein needed to produce eggs.

Mosquitoes are particular about their food source, so only certain ones will feed on people. After digesting the meal, the eggs are laid in water (or even very damp areas).

Mosquitoes in the larval and pupa stages need to live in water, and that is why they will always be found near standing water. Mosquitoes like warmer temperatures, and tend to be more active feeders during this time. That is why we see more West Nile Virus infections in late summer and early fall, when the weather is warmer.

The first West Nile Virus case was detected in Connecticut in 1999. It is named after the West Nile district of Uganda, where it was first identified in 1937. It is thought that the virus came to the New York City area of the United States in the late 1990's

by an infected bird that was imported or migrated, or by mosquitoes hitching a ride in the cargo of freighter or container ship.

It is usually spread by the common house mosquito (*Culex pipiens*). These mosquitoes like to feed on birds, as well as humans. In this area, birds are believed to be the "reservoir" or WNV. (The virus survives the winter in infected birds.) Mosquito transmit WNV to us by first feeding on an infected bird, then feeding on a human. West Nile Virus is not spread by human-to-human contact.

Most people who are infected with the West Nile Virus have no symptoms. Mild symptoms, while rare, are like a mild infection, such as low-grade fever, rash, mild headache, swollen lymph nodes, or even conjunctivitis. Most people can fight off WNV without it causing an illness.

For some people, particularly those over 50, or for those people who have a hard time fighting off infections, West Nile Virus can cause serious health problems. These include encephalitis (inflammation of the brain) or meningitis (inflammation of the membranes covering the brain and spinal cord). When WNV occurs, it usually happens 5-15 days after being infected by a mosquito. In 2000, 21 cases and two deaths were reported in New York, New Jersey, and Connecticut. Last year, 17 people were infected in Connecticut, alone.

There is no treatment for West Nile Virus, nor is there a vaccine. "Treatment" includes managing each aspect of the illness (such as controlling fevers, or fluid replacement).

What are your chances of getting infected if a mosquito bites you? It is very, very low. It is thought that less than 1 percent of mosquitoes are infected with WNV even in areas where the virus is prevalent. Healthy children and adults are at very low risk. (If



Spraying clothing with DEET products can help stop the risk of West Nile Virus. (Photo courtesy CDC website)

you were a crow, things would be different.)

As the virus also infects birds, especially crows, dead birds should be reported to your local health department. The Department of Public Health in your area is collecting data and may be testing birds. They will be the ones to get the bird, if they need it. If you must handle the bird, use the precautions you would follow if you were to handle any wild animal:

Avoid animals that appear sick;

Wear disposable rubber gloves, (or use a plastic bag);

Clean up with soap and warm water.

As with almost any disease, it is easier to prevent WNV than to treat it. As mosquitoes need standing water to breed, eliminating this type of environment should be the first step.

Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers that have accumulated on your property;

Empty standing water from used or discarded tires (i.e. tire swings);

Drill holes in the bottom of recycling containers that are left outdoors;

Clean clogged roof gutters on an annual basis, especially if the leaves from surrounding trees have a tendency to plug up the drains. (mosquitos can develop in any puddle that lasts more than 7 days during the summer.);

Turn over plastic wading pools when not in use;

Turn over wheelbarrows and do not allow water to stagnate in birdbaths. Change water in birdbaths and wading pools on a weekly basis;

Aerate ornamental pools or stock them with fish;

Clean and chlorinate swimming pools that are not being used; (Mosquitoes may even breed in the water that collects on swimming pool covers.);

If water cannot be drained, cover containers with fine netting to keep mosquitoes out;

If you need further assistance, contact your local agencies for help.

If West Nile Virus is found in your town, it is not necessary to stay indoors. Reduce your risk of being bitten by following these guidelines:

Wear shoes, socks, long pants, and a long-sleeved shirt when outside for long periods of time. (Avoid shaded areas where mosquitoes may be resting. Mosquitoes are more active during early morning and early evening times of the day.);

Use mosquito netting when sleeping outdoors or in and unscreened structure. (Protect small babies when outdoors; repair holes in screen windows.);

Consider using mosquito repellent on exposed skin when outdoors; more is not better, do not use over 10 percent concentration; only use as directed; do not use on your skin under clothing; do not use on infants.

(For further information, check "Using Insect Repellent Safely" from the Environmental Protection Agency, or see the questions and answer page on the Centers for Disease Control and Prevention website [www.cdc.gov](http://www.cdc.gov).)

## Fit for Life: Exercise for a mental vacation and good night's sleep

MAJ. SHIRLEY Y. SAMY  
CTANG HEALTH PROMOTIONS OFFICER

Many people begin exercising to improve their physical health but they soon discover that exercise also enhances emotional well being by increasing feelings of self-confidence and reducing feelings of stress.

How does exercise reduce stress? Some effects are physical, such as improvement in brain chemistry, increased muscular relaxation and lowered levels of stress hormones.

Exercise also gives us a break from "mind chatter", the voice in our heads that drifts into worrying about the future and rehashing problems and mistakes.

Many Westerners have difficulty practicing meditation for more than five-10 minutes because they find it difficult to sit still. We are happier finding stress relief

through exercise. Perhaps this is because our daily lives are mentally demanding but require low levels of physical energy. Perhaps we are accustomed to a fast-paced lifestyle and like to accomplish two things at once.

However, the fast-paced lifestyle can contribute to other problems such as insomnia. While a few nights of lost sleep may not be noticed, cumulative sleep loss has debilitating and even fatal effects.

Poor judgment and unclear thinking can increase risk of accident and injury.

When short on sleep, people tend to overeat and underexercise. (I'm too tired to walk! I think I'll watch TV and eat some chips instead).

Plenty of deep sleep is essential for good health. Feeling rested can make the difference between an average day and a

great day. How much sleep is enough? Sleep requirements vary from person to person, but experts believe seven to nine hours a night.

You know you're getting enough sleep if you wake up before the alarm in the morning, feel refreshed and rested, and if you are alert throughout the day.

While stress is the leading cause of short-term insomnia, sleep difficulties may also be caused by an illness, medications or lifestyle factors such as work schedule or caffeine consumption.

If sleep problems persist, consult your health care provider to help determine the cause of the problem.

How does exercise improve sleep? Many people find they sleep more and deeper after regular exercise although how this occurs is not known. Exercise relaxes the

body and calms the mind. It helps reduce depression and anxiety, which are common causes of sleep problems.

Improvements may not be apparent until a week or two after the start of an exercise program. Regular, somewhat vigorous exercise seems to work best.

Endurance exercise such as walking, jogging, swimming, or cycling for 30-60 minutes three to five days per week can significantly improve sleeping quality in healthy adults.

Ironically, too much exercise can interfere with sleep. Avoid overdoing it by starting at a reasonable level in an activity that you enjoy and increase exercise volume gradually to avoid injury and sleep problems.

Exercise benefits sleep and sleep benefits so many other things in life so get moving!



## Sports

## Air Force Marathon offers new race options

PATRICK REILLY  
AIR FORCE MARATHON OFFICE

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) — Air Force Marathon officials will add two new options to this year's Sept. 20 race.

Besides the full-marathon and marathon-team races, this year's event features a 13.1-mile half-marathon and a 5km (3.1 mile) race.

The half-marathon race will be on a loop-back course that will share the start and finish lines with the full marathon.

Half-marathon and marathon relay participants will race alongside one another until the turnaround point, then the half-marathoners head back toward the finish line located near the Air Force Museum, officials said.

The half-marathon is geared toward those who have some road-racing experience or those who have been conditioning for shorter races and want a new challenge, officials said.

The marathon and half-marathon courses will feature aid stations at every mile mark. Stations will provide water, electrolyte

replenishment, fruit, water-soaked sponges and first aid.

"Because the full and half-marathons are on the same course, the half-marathon racers will be able to use many of the same aid stations and enjoy the same festive atmosphere that the full marathoners do," said Cheryl Blom, Air Force Marathon volunteer coordinator.

"The 5km (race) is going to generate a lot of interest with runners who don't necessarily want to run the full 26.2-mile or 13.1-mile courses," said Bob Brodessa, Air Force Marathon director. "We're affectionately calling it our 'fun run.'"

Though the 5km participants will not receive a medal, their entry fee will get them a runner packet almost identical to the full- and half-marathoners, and relay team members.

The packet includes an official Air Force Marathon T-shirt, patch and several coupons to local restaurants and businesses.

The shorter course will be separate from the marathon races, but will still share the

start and finish line with the other races. The exact path has not yet been determined, but final approval for the course is expected within the month.

After its approval, a course description will be posted on the marathon's Web site.

Leading up to the marathon, an exposition is scheduled for Sept. 18 to 20.

Participants will pick up their race packets at the public sports and fitness exposition. The packets will include their timing chip, race T-shirts, numbered bibs, race patch and informational materials.

The expo will feature vendor booths that showcase running and fitness-related items and services.

The marathon staff has already received dozens of applications for this year's events and will continue taking applications until Sept. 4.

The entry fee is \$50 for the marathon, \$35 for the half-marathon and \$15 for the 5km fun run.

The marathon relay team fee is \$180. There are still plenty of spots available for the full marathon, half marathon and 5km races,

but marathon relay team openings are limited.

Participants can also pay an additional \$10 for a ticket to the pasta dinner Sept. 19.

For more information, contact the marathon office at DSN 787-4350, commercial (937) 257-4350, toll free (800) 467-1823 or on the Web site at <http://afmarathon.wpafb.af.mil>.

Visit the  
**Connecticut  
Guardian**

on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

The Charter Oak Sappers chapter of the Army Engineer Association present the  
First Annual

# SAPPER SPRINT

(Formerly the Cannonball Run)

**4 Miles 10 AM Sunday, September 7**  
**CT National Guard Armory Rt. 123, Norwalk.**  
**T-Shirts to the first 150. Post-race pasta party.**

The race will be started by a pyrotechnic, and will follow a scenic, flat (just mile downhill) course through New Canaan, starting and finishing at the CT National Guard Armory (Exit 38 Mount Parkway). Every mile marked, water stop halfway. Post race pasta party, awards. T-shirts to the first 150. Proceeds benefit the American Cancer Society. Prizes awarded in five male and female age groups and to the top three-person military team (check entry form).

Entry fee: \$11 per (\$10.50 online at [www.ClubCT.org](http://www.ClubCT.org)). \$13 race day beginning 8:30.  
Or fill out the entry form below, and send to:

Sapper Sprint  
Norwalk Armory  
290 New Canaan Ave.  
Norwalk, CT 06850

**Sign me up SPORTS**  
where events and athletes go online™

PLEASE PRINT CLEARLY

Last Name: \_\_\_\_\_ First: \_\_\_\_\_

Sex: ☐ Male ☐ Female Age: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

BEER FUND: \$ \_\_\_\_\_ (All proceeds go to the 1st year of the)

DATE: \_\_\_\_\_ T-SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL

MILITARY TEAM: \_\_\_\_\_

## 6th ANNUAL NGACT OPEN

**DATE: Friday 5 September 2003**  
**LOCATION: Keney Golf Course Hartford, CT**  
**TIME: 11:00 am Shotgun Start**  
**COST: \$90.00 person**  
(\$125.00 dinner only)  
**FORMAT: Four (4) Person Scramble**

*All proceeds to benefit the Connecticut Children's Medical Center and the NGACT Scholarship Fund*

**Tournament Day Schedule**

9:00-10:45	Registration, Coffee, Donuts
10:45-11:00	Depart for starting holes
11:00	Shotgun start
4:00-5:00	Camaraderie Hour
5:00	Business, Awards, Staffs

**Tournament Includes:**

- > 18 Holes with cart &
- > Hot dog & drink at the 9th &
- > Barbecue to follow golf (beer, wine, soda) &
- > Awards, prizes and raffle &
- > \$50,000 Hole in One contest &
- > Closest to the Pin contest &
- > Long drive contest &
- > 50/50 contest &

Hole sponsorships available - see enclosed information

For questions or more information contact: Joseph Amara (860) 247-5000 Chris Hawkins (860) 324-4814  
John Gubben (860) 534-4800 Joseph Danno (860) 883-5973

Return to NLT 15 Aug 03: NGACT Open, 368 Broad Street, Hartford, CT 06103-3793  
(Make checks payable to NGACT)

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_ WORK PHONE: \_\_\_\_\_

## Retirees' Voice

### Combat Related Special Compensation

SGT. 1<sup>st</sup> CLASS (RET.) JOHN BEDNARZ

An article in the National Association of Uniformed Services (NAUS) Uniformed Services Journal informs me that the Department of Defense (DOD) has implemented the 'Combat Related Special Compensation' (CRSC) program effective May 31, 2003. The purpose of the program is to restore retired pay that was offset by the receipt of disability compensation payments.

The program was included in the 2003 Defense Appropriation Act, in lieu of Concurrent Receipt. Payments are limited to certain retirees who have combat, or combat training, and other specific combat and instrumentality of war disabilities. Agent Orange and post-traumatic stress syndrome are included for consideration.

The amount of compensation is based on the VA veteran's disability rating for the combat related disability only. The military departments are the approving authorities for applications submitted on DD form 2860. The payment for approved applications from current retirees is effective June 1, 2003, regardless of the actual approval date. CRSC payments are not retired pay and DOD is treating them as tax exempt pending IRS review.

For more information regarding CRSC and guidelines for filing your claim, and for downloading DD form 2860 visit the NAUS website at [www.naus.org](http://www.naus.org) or see your Retired Activities Office (RAO) or Retiree Services Office (RSO) at your nearby military base. Since applications that do not meet the eligibility criteria will be denied, I suggest you seek help on the website or at a service office.

Meanwhile back in Washington, the House and Senate are about to go into

conference over the FY 2004 National Defense Authorization Act, which includes language in the Senate proposal for Concurrent Receipt.

Defense Secretary Rumsfeld has indicated that if the bill presented to the President "authorizes concurrent receipt of military retirement pay and veteran's disability compensation" then he "would join other senior advisors to the President in recommending that he veto the bill."

His reasoning is that if the concurrent receipt and other increases not requested by the administration would drain resources from important programs benefiting our military, such as continued improvement in pay, quality of life, readiness, and other pressing requirements.

CRSC was not the ultimate goal, but it was a step toward the goal. At least some of our veteran retirees will begin to receive their just compensation. A retirement pay for years served, and disability compensation for injuries received in service to our country. You and I, keeping pressure on Congress at the grass roots level will eventually make them realize that it's the right thing to do.

On another note, if you know of a WWII veteran that earned the Combat Infantry Badge (CIB) or the Combat Medical Badge (CMB), they are eligible to receive the Bronze Star Medal. (BSM). AR 680-8-22, which governs military awards, states that the BSM is authorized for all recipients of the CIB or the CMB prior to 1 July 1947. The BSM may be awarded by a letter application submitted to: National Personnel Records Center, Medal Section (NRPMA-M), 9700 Page Ave., St. Louis, MO 63132-5100

### Do you know these guys?



OCS instructor 1st Lt. James Throwe conducts a class on map reading at the Bristol Armory in 1955. The two cadets are Lt. Col. (ret) Stanley A. Sosienski and Lt. Col. (ret) David Dziadik. (Photo courtesy Lt. Col. (ret) Stanley Sosienski)

If you have a picture of historical nature to share with our readers, email if possible to [debbi.newton@ct.ngb.army.mil](mailto:debbi.newton@ct.ngb.army.mil) or mail to Sgt. 1st Class Debbi Newton, Public Affairs Office, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. All photos will be returned.

## WMD/CST Open House

Sunday, Aug. 10  
1 p.m.  
Camp Rowland, Niantic

Monday, Aug. 11  
11 a.m.  
Hartford Armory

**All are welcome to learn more about the WMD/CST team and its equipment. Experts in the field from Connecticut and Massachusetts will be on hand at both locations to answer your questions.**





**THE VICTORY CHALLENGE**  
TEAM STRENGTH EQUALS READINESS

28 JUN 2003 - 30 NOV 2003

The strength of the Army National Guard depends on soldiers like you. It's not just soldiers who the team supports, and maintaining strength is everyone's responsibility. Now YOU CAN help strengthen your unit and earn some great rewards, too.

**GOLD MEDALIST AWARDS**  
LEVEL 5 TROOP

**SILVER MEDALIST AWARDS**  
LEVEL 3 TROOP

WWW.VIRTUALARMY.COM/CHALLENGE

## Camp Rowland PX Summer Sale Aug 16 through Aug 22

12 pk soda - 4 for \$10

20% of all Seasonal items - A/C, cooking tools, more

Additional items on sale throughout the store

Shop while supplies last



## Coming Events

### August

**August 2-3**

Unit Attrition Management Course

**August 10-11**

CST/WMD Open House

**August 10-16**

Youth Camp

**August 17-20**

EANGUS National Conference

**August 20**

Retirees' Picnic

**August 24**

FSB 15th Anniversary Dinner Dance

### September

**Sept. 1**

Labor Day

**Sept. 5**

NGACT Golf Tournament

**Sept. 7**

Sapper Sprint

**Sept. 11**

2nd Anniversary of 9/11

**Sept. 13**

Deactivation Ceremony of the 192nd Field Artillery

Camp Rowland

**Sept. 15-17**

NGAUS National Conference

**Sept. 17**

Connecticut Day at the Big E

### October

**Oct. 1**

Technician Picnic

**Oct. 2**

Senior NCO Dining In

**Oct. 3**

Air Guard 80th Anniversary Ball

**Oct. 10**

Hispanic Heritage Celebration

## In the Next CG

Nett Hall Groundbreaking

Retirees' Picnic

Air Force Anniversary

Deadline for submissions is the 15th of the month previous to publication.

# Postcards Home



247th Engineers (Well Drilling) work on a project.



Members of the 143rd MPs patrol the Iraqi desert at sunset.



Staff Sgt. Brian Young of the 143rd MPs takes to the driver's seat of a humvee in the Iraqi desert.



Members of the 248th Engineer Company work with active duty engineers and locals to repair a bridge on the Tigris River.



Soldiers from the 1109th AVCRAD find shade wherever they can in Kuwait.



A tired soldier of the 1109th AVCRAD takes the opportunity to catch up on some sleep.



Spec. Christopher M. Houle of the 143rd MPs takes some time to pose with several of his fellow soldiers. The MPs are currently serving in Iraq in support of Operation Iraqi Freedom.

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